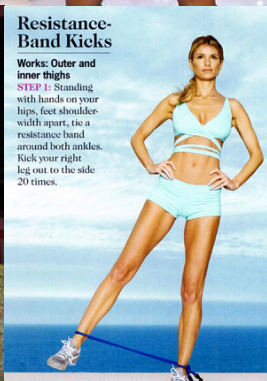
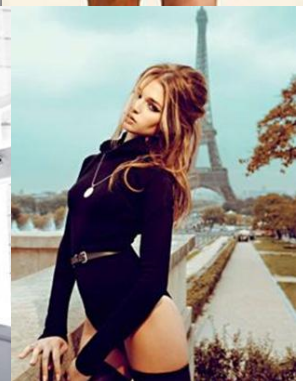
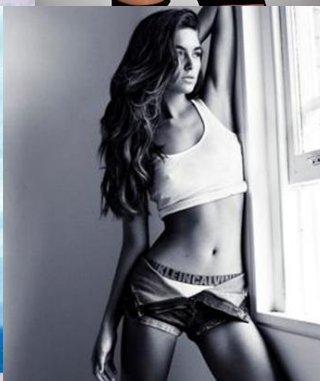


GUIDE TO SELECTING YOUR ACTIVE WEAR OUTFITS



Resistance-Band Kicks

Works: Outer and inner thighs
STEP 1: Standing with hands on your hips, feet shoulder-width apart, tie a resistance band around both ankles. Kick your right leg out to the side 20 times.



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