

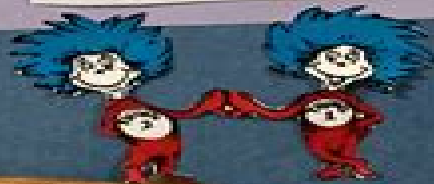
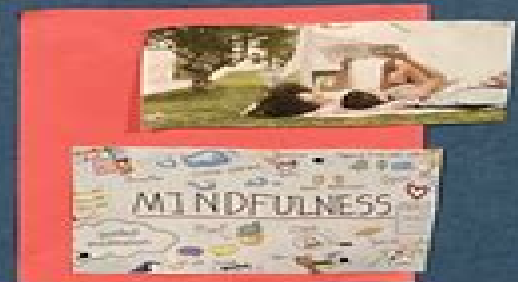
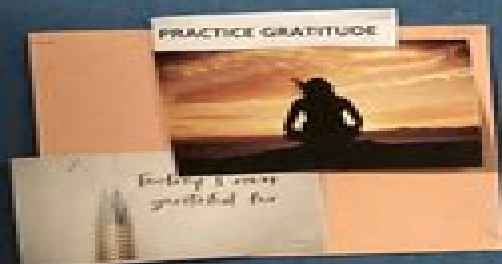
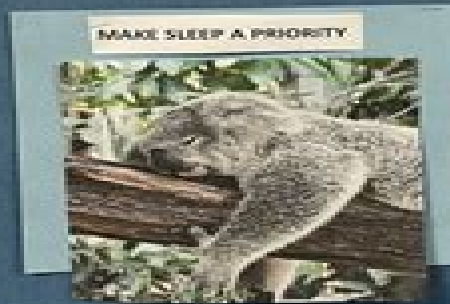
EXERCISES FOR KIDS

Push-ups

1-2-3-4-5

Squats

Lunges



Ideas Mental Health

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