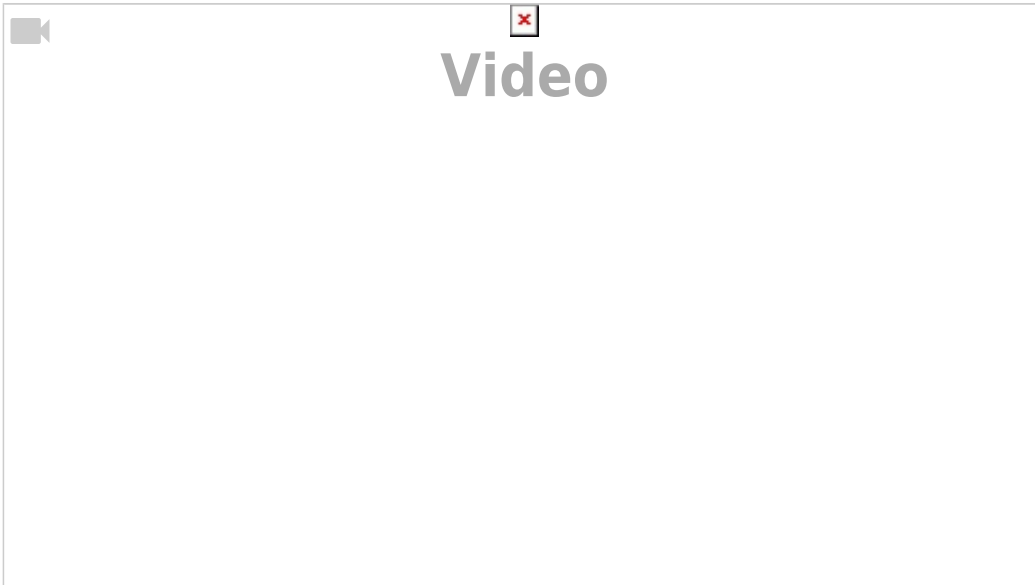


Deep Lunge

This is a great stretch for standing long jump.



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