

A woman with long brown hair in a ponytail is performing a squat exercise outdoors. She is wearing a grey sports bra, black shorts, and light blue sneakers. She is positioned in front of a metal railing, with her hands resting on it for support. The background shows a blurred view of a city or park setting. A teal overlay is on the left side of the image, containing the text 'bikini BODY guide', 'workouts', and 'exercise training plan'.

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workouts

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