



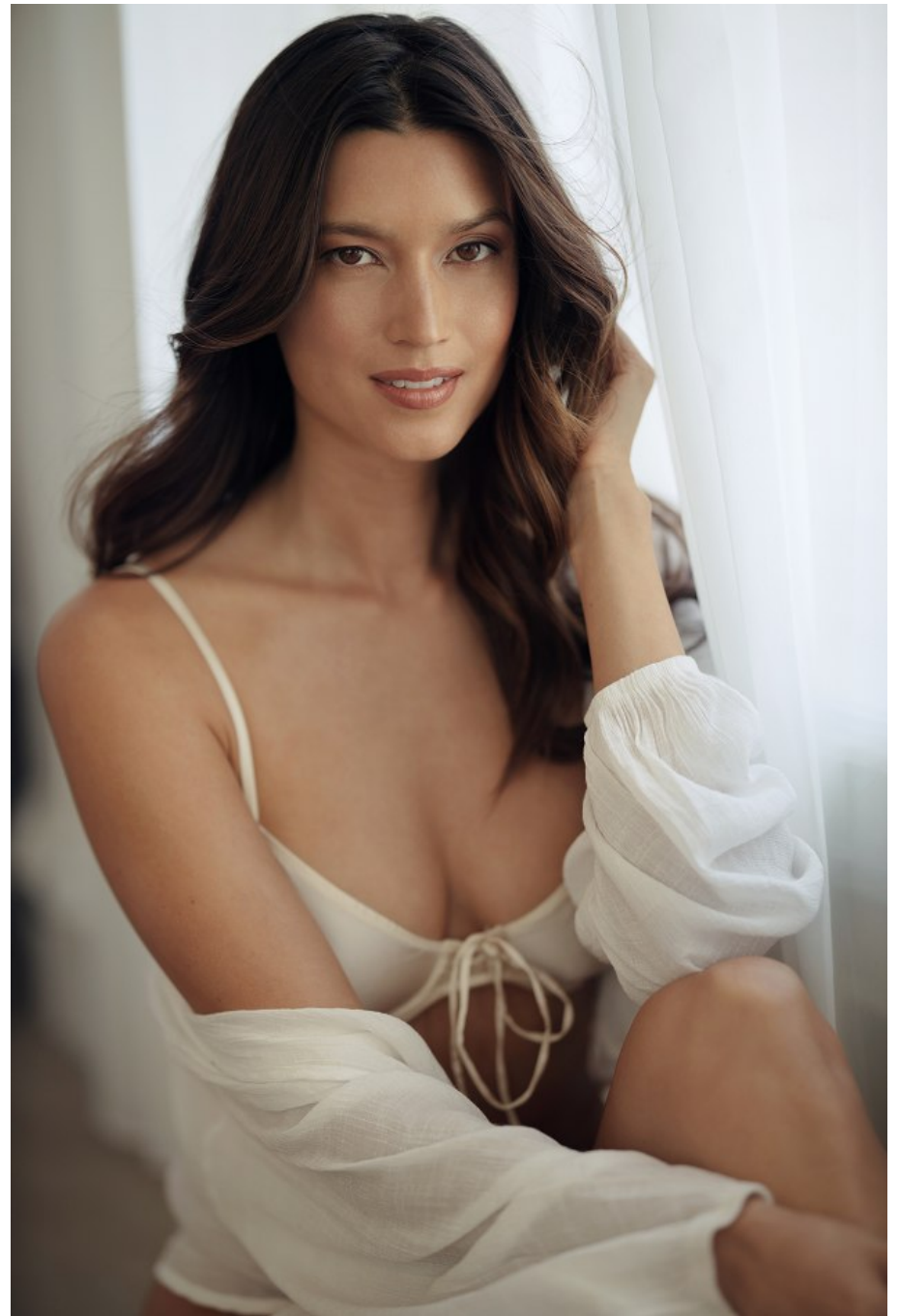
Natalia Lalonde Height 5'9" | 175cm Bust 34" | 86cm Waist 24" | 61cm Hips 36" | 92cm
Dress 2-4 US | 32-34 EU Shoe 9.5 US | 40.5 EU Hair Brown Eyes Brown



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CAROLINE GLEASON
MANAGEMENT

BOUVOLIR

INSPIRATION

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GET A LEG UP

Do the entire circuit twice, 2 or 3 times a week, or choose the area you want to target and complete the routine three times, 2 or 3 times a week.



SPRING

Whether you're trying to prevent injury, become a faster runner, or perk up your posture, a strong core is an absolute must.

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