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15 minutes aerobic Agility ankles arms back bridge balance bananeira push-up basic beginning bend blood body Breathing build capoeira conditioning Cardio chest close cocorinha squats combination Coordination core movements deep breaths deeply difficult direction drop effective example exercise exhale fascia Fat Burner feel feet Fitness Benefits flat flexibility Flexibility-stretch floor foot forward front ginga give ground hands handstand head Health and Fitness heart heels hips hold ...

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