

# Freyja

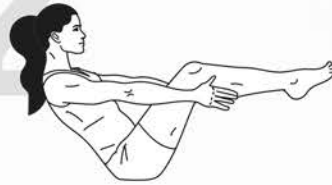
Hold each pose for 30 seconds  
then move on to the next one.

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1



2



3



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