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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

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heart heels hips hold ...

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This is not a style of capoeira played  
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