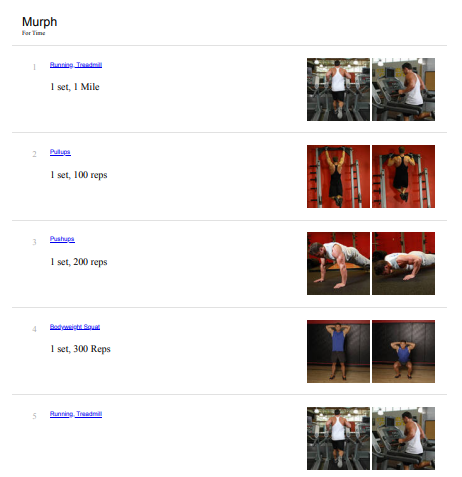
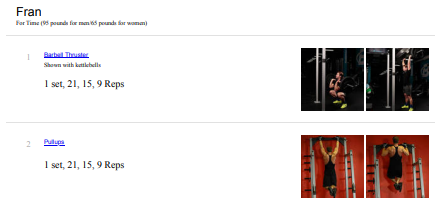
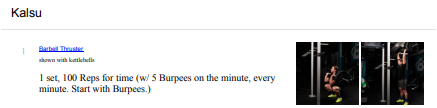
Workou 1



Workout 2



Workout 3



Workout 4

