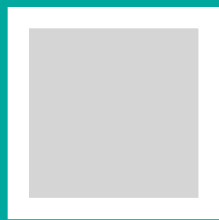
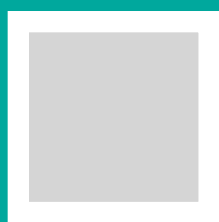


# WORKOUT PLAN

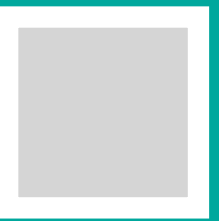
*Fit & Strong*



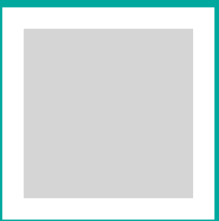
TAG 1



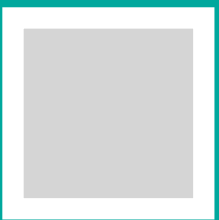
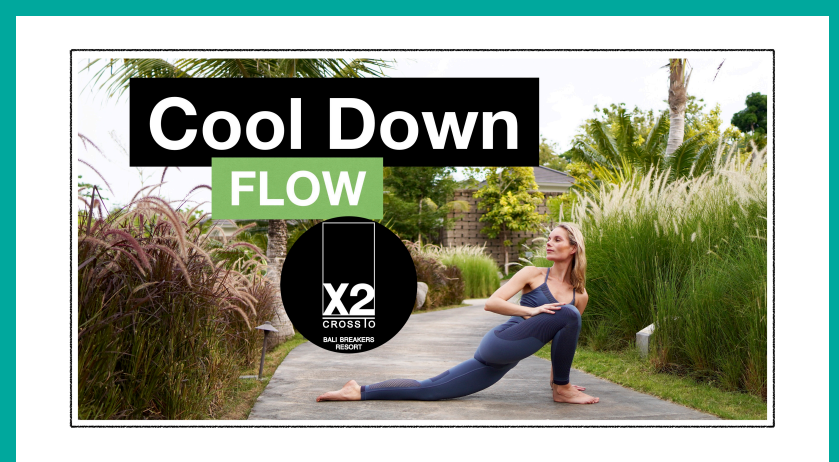
TAG 2



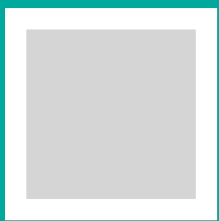
TAG 3



TAG 4



TAG 5



TAG 6



TAG 7

