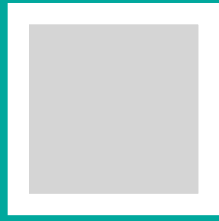
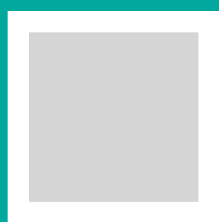


WORKOUT PLAN

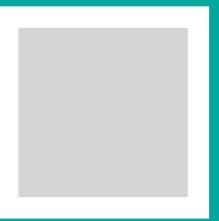
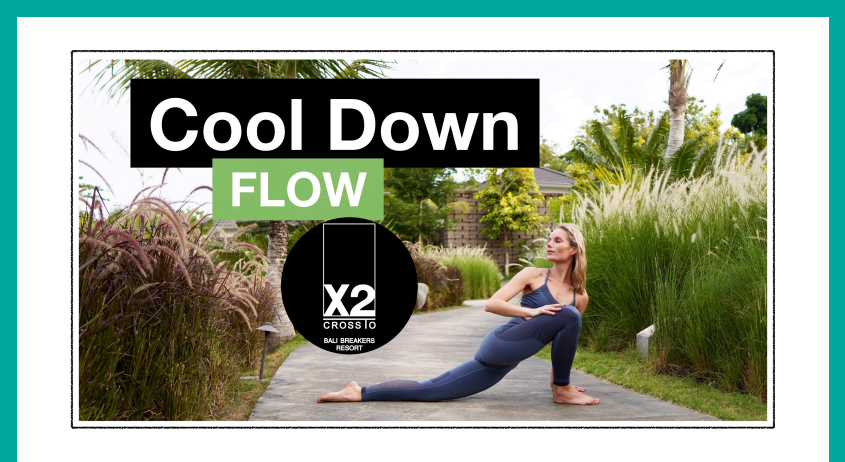
LockDown



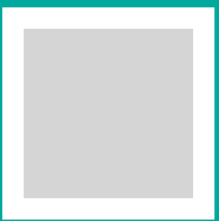
TAG 1



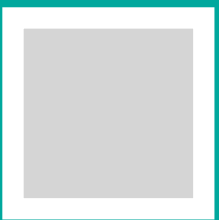
TAG 2



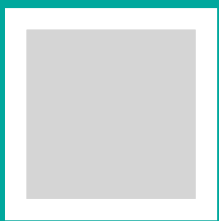
TAG 3



TAG 4



TAG 5



TAG 6



TAG 7

