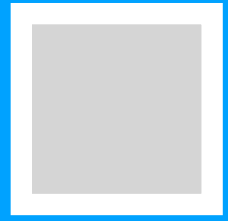
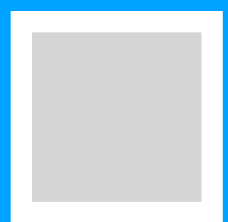


# WORKOUT PLAN

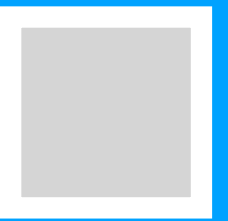
## Cardio WEEK



TAG 1



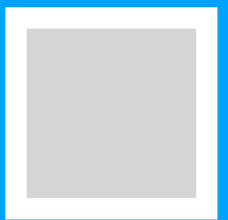
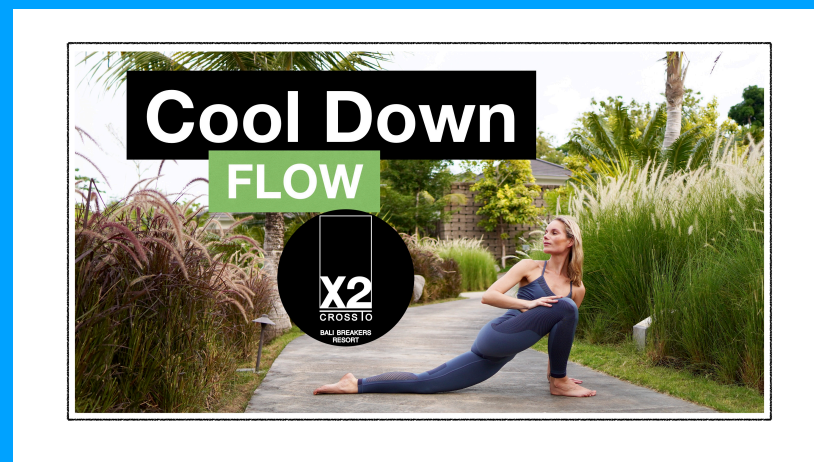
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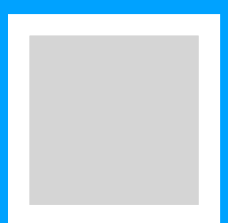
TAG 3



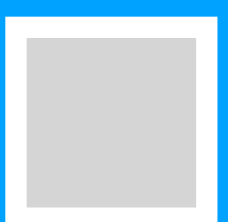
TAG 4



TAG 5



TAG 6



TAG 7

