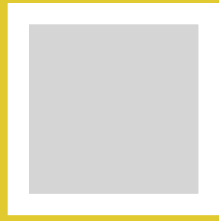
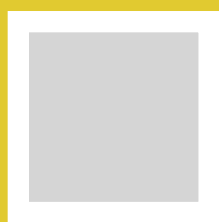


WORKOUT PLAN

LockDown



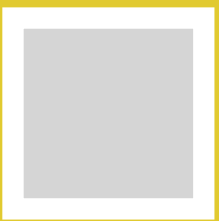
TAG 1



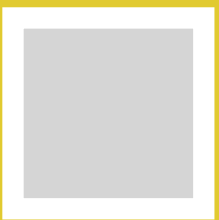
TAG 2



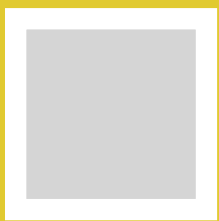
TAG 3



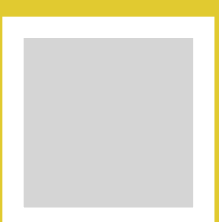
TAG 4



TAG 5



TAG 6



TAG 7

