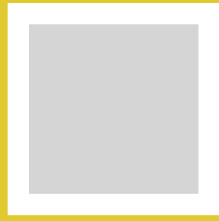
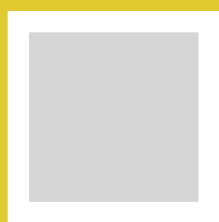


WORKOUT PLAN

TRX



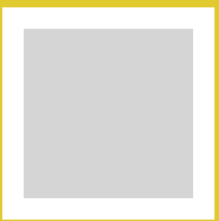
TAG 1



TAG 2



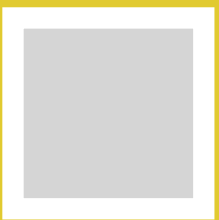
TAG 3



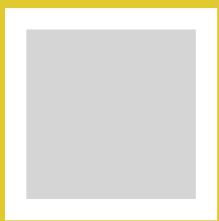
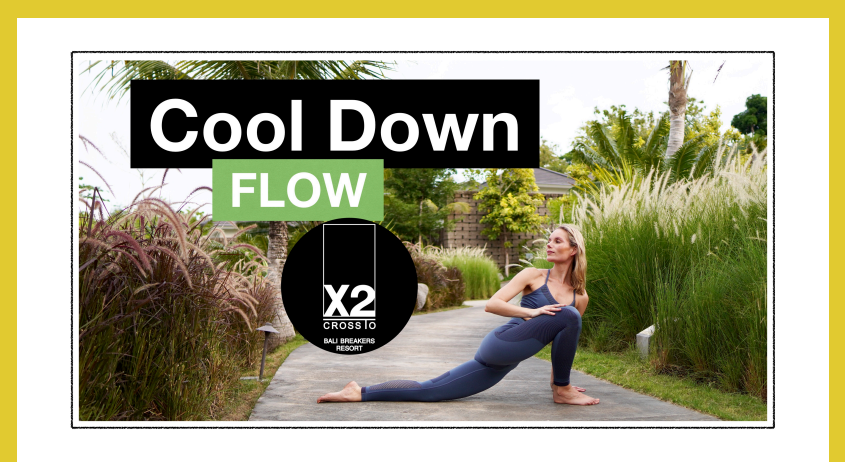
TAG 4



RELAX



TAG 5



TAG 6



TAG 7

