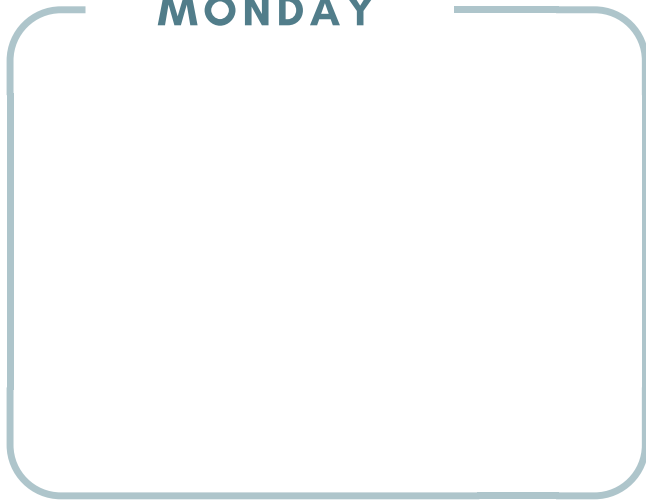
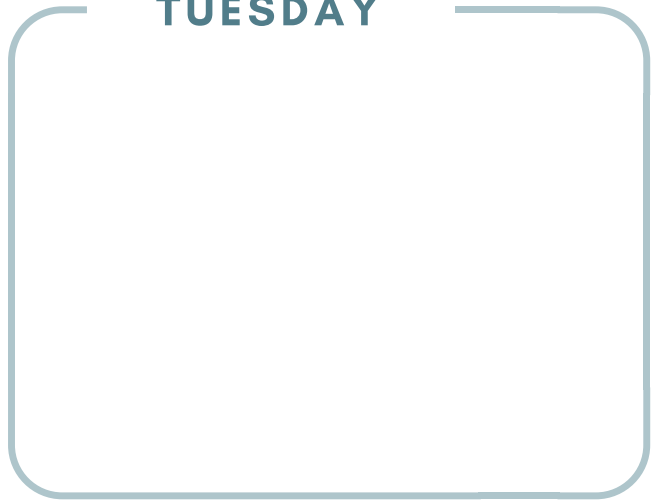


WORKOUT SCHEDULE

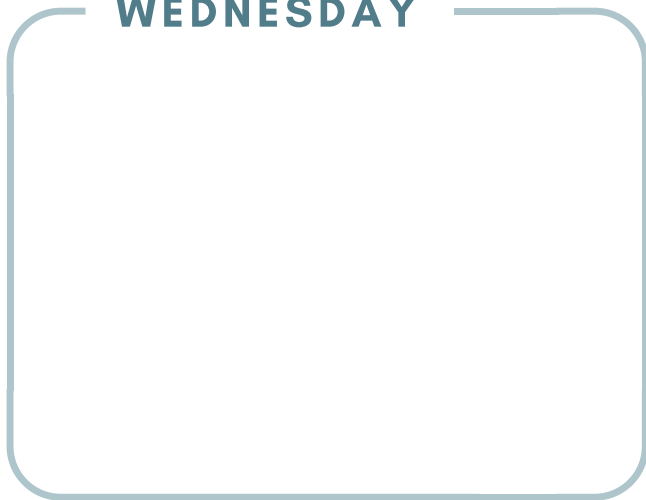
MONDAY



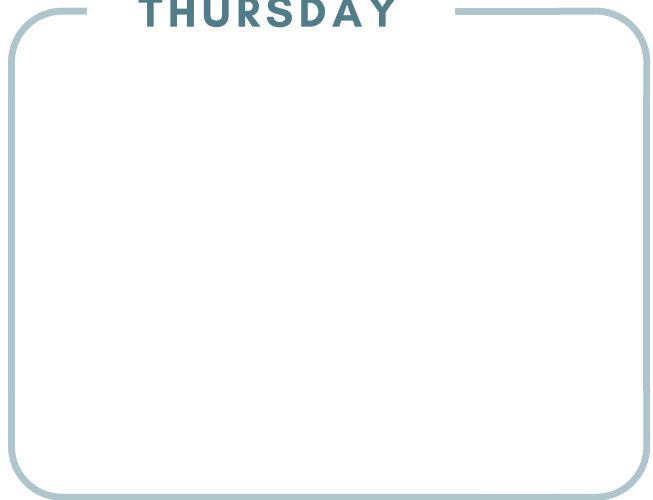
TUESDAY



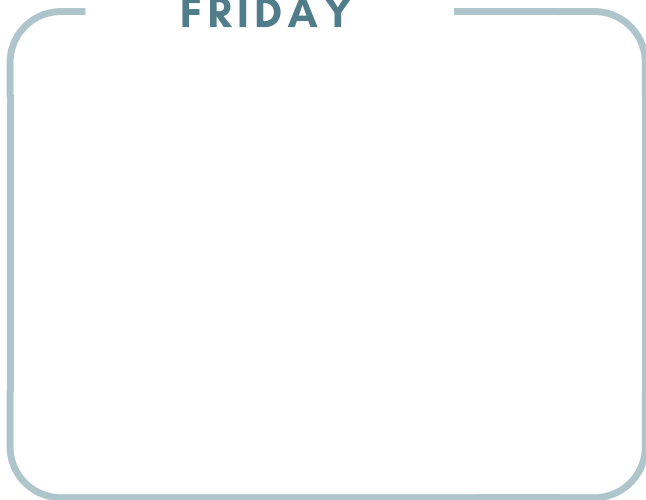
WEDNESDAY



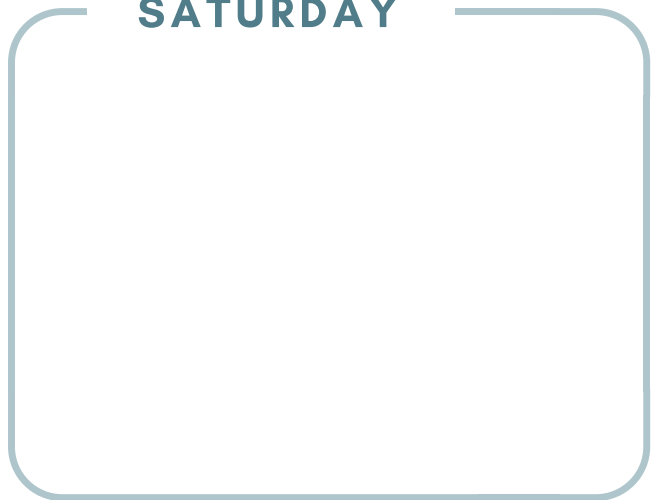
THURSDAY



FRIDAY



SATURDAY



WEEKLY GOALS

