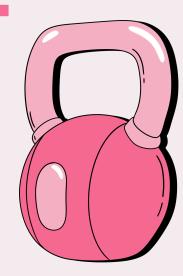
## WORKOUT





Day

Exercise

Goal



MONDAY



**TUESDAY** 



WEDNESDAY



**THURSDAY** 



**FRIDAY** 



**SATURDAY** 









