




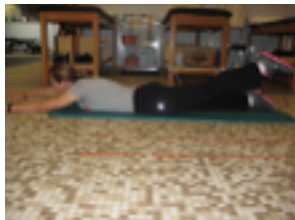




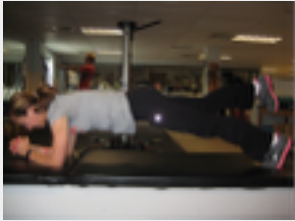

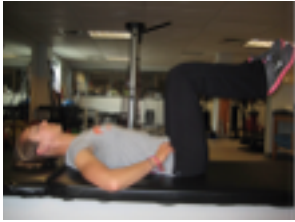


CORE 1 (NO EQUIPMENT)

<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>		<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>	
<p>WEEK 1- 20 REP</p> <p>WEEK 2- 2X 20 REP</p>		<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>	
<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 30 REP</p>		<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>	
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<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2X 30 REP</p>		<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2X 30 REP</p>	
<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>		<p>WEEK 1- 30 REP (15 EACH LEG)</p> <p>WEEK 2- 2X 20 REP</p>	
<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>		<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2X 20 REP</p>	