

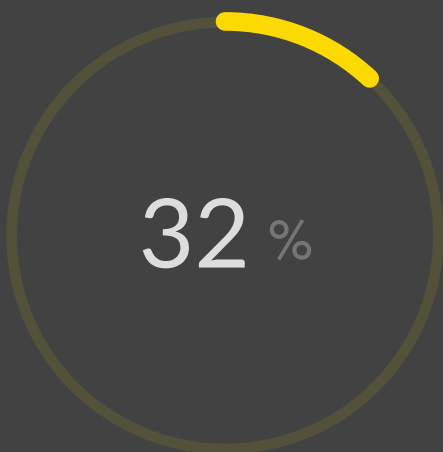


Goals Achieved

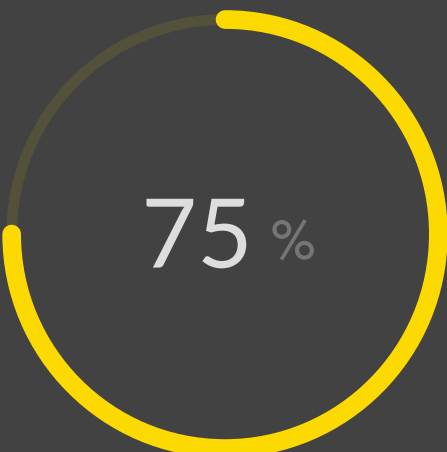


58.23 mi

Weekly Workout



Weights



Cardio



Stretch

23rd Dec, Friday

Leg Extensions
Exercise

Sets:2 reps:10

Warm Up Run
Outdoor

20 min.

24th Dec, Saturday

Full Body Exercise
Exercise

1 hour