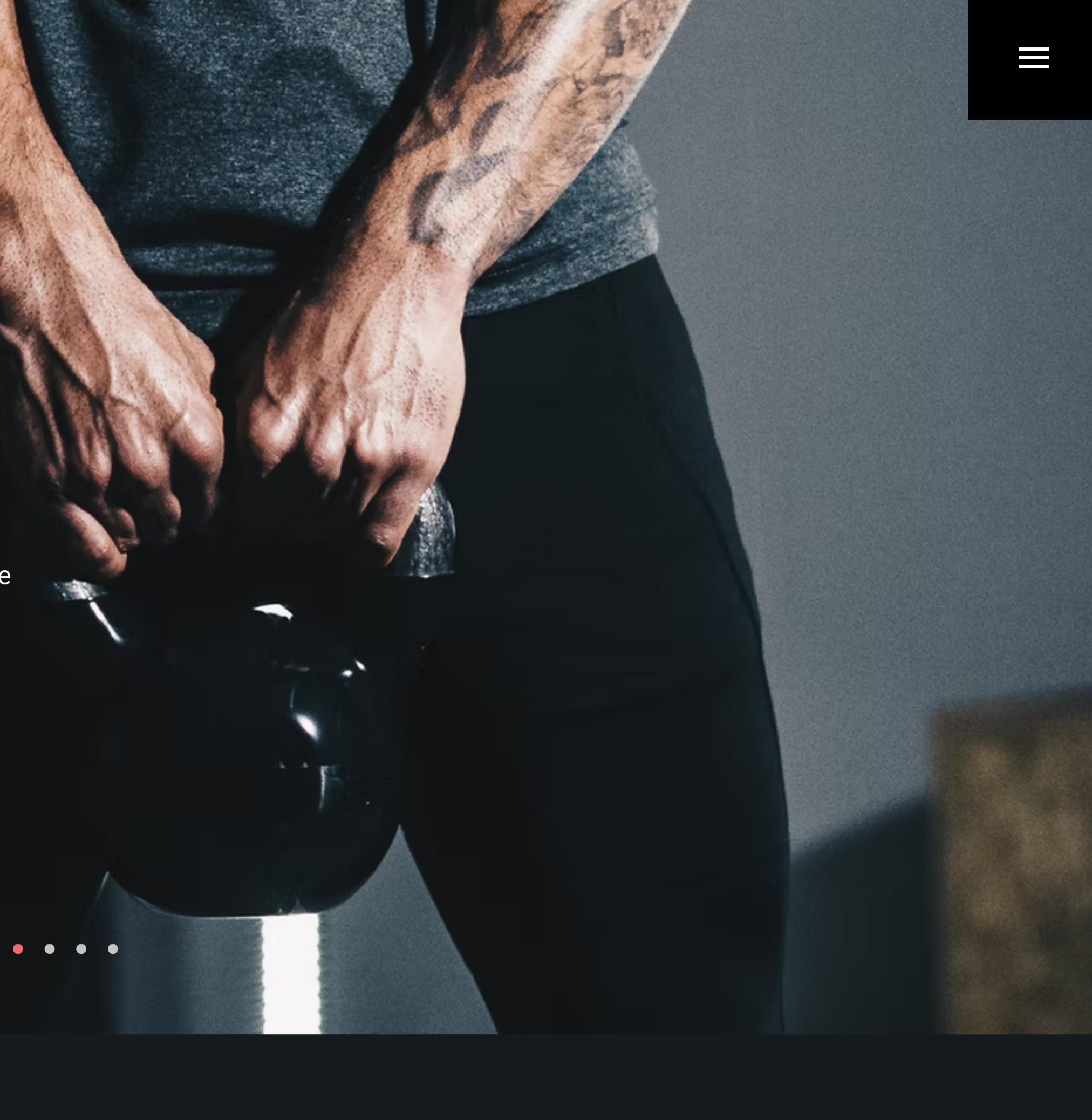
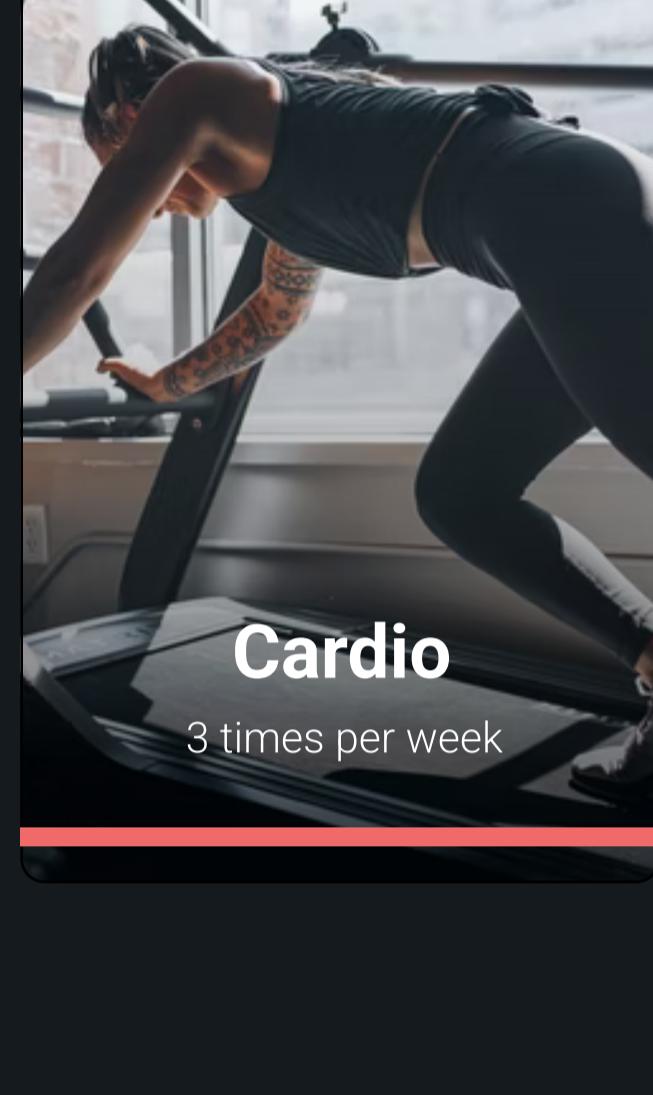


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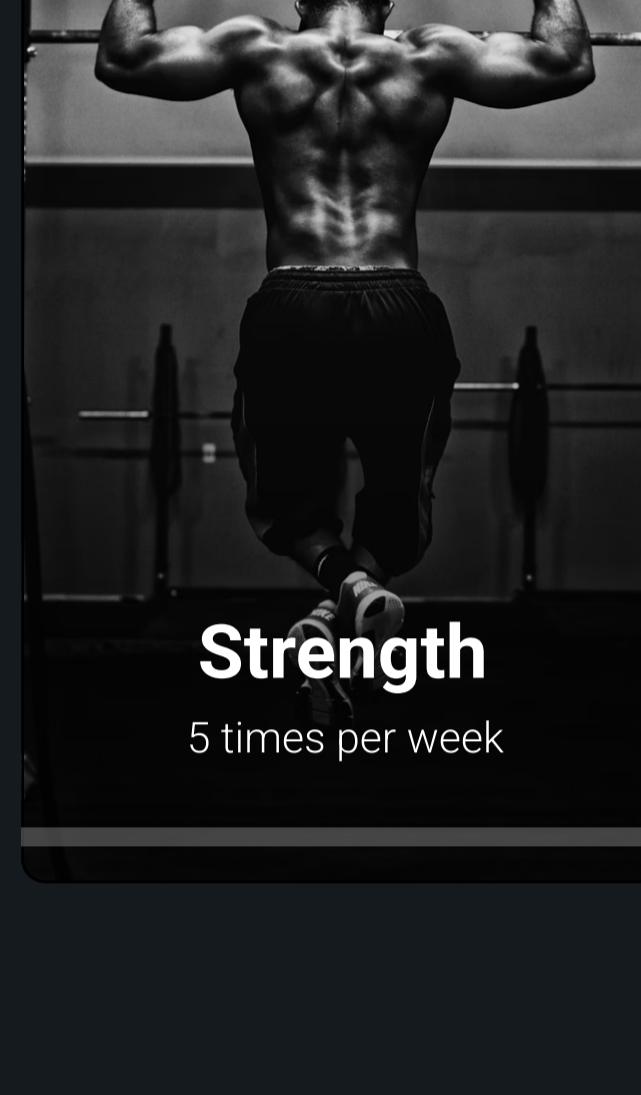
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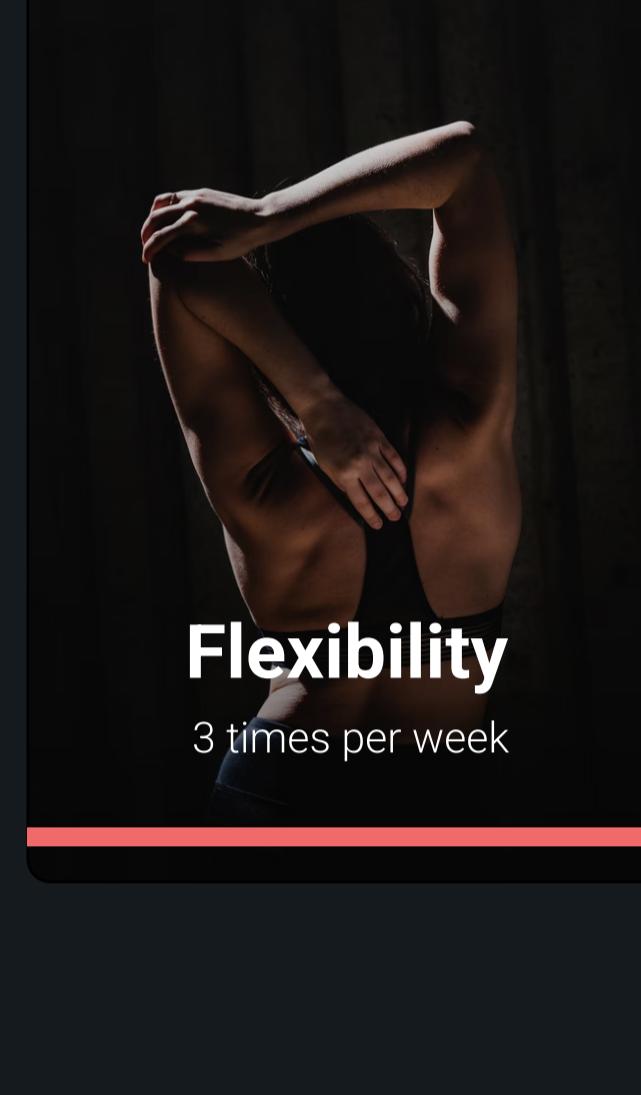
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**Cardio**

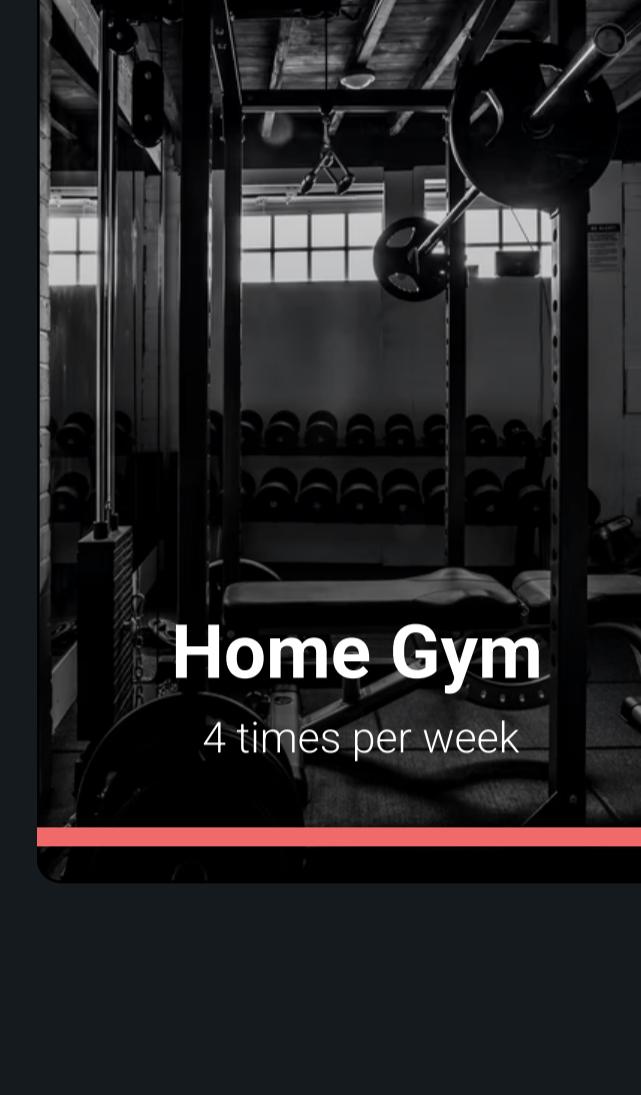
3 times per week

**Strength**

5 times per week

**Flexibility**

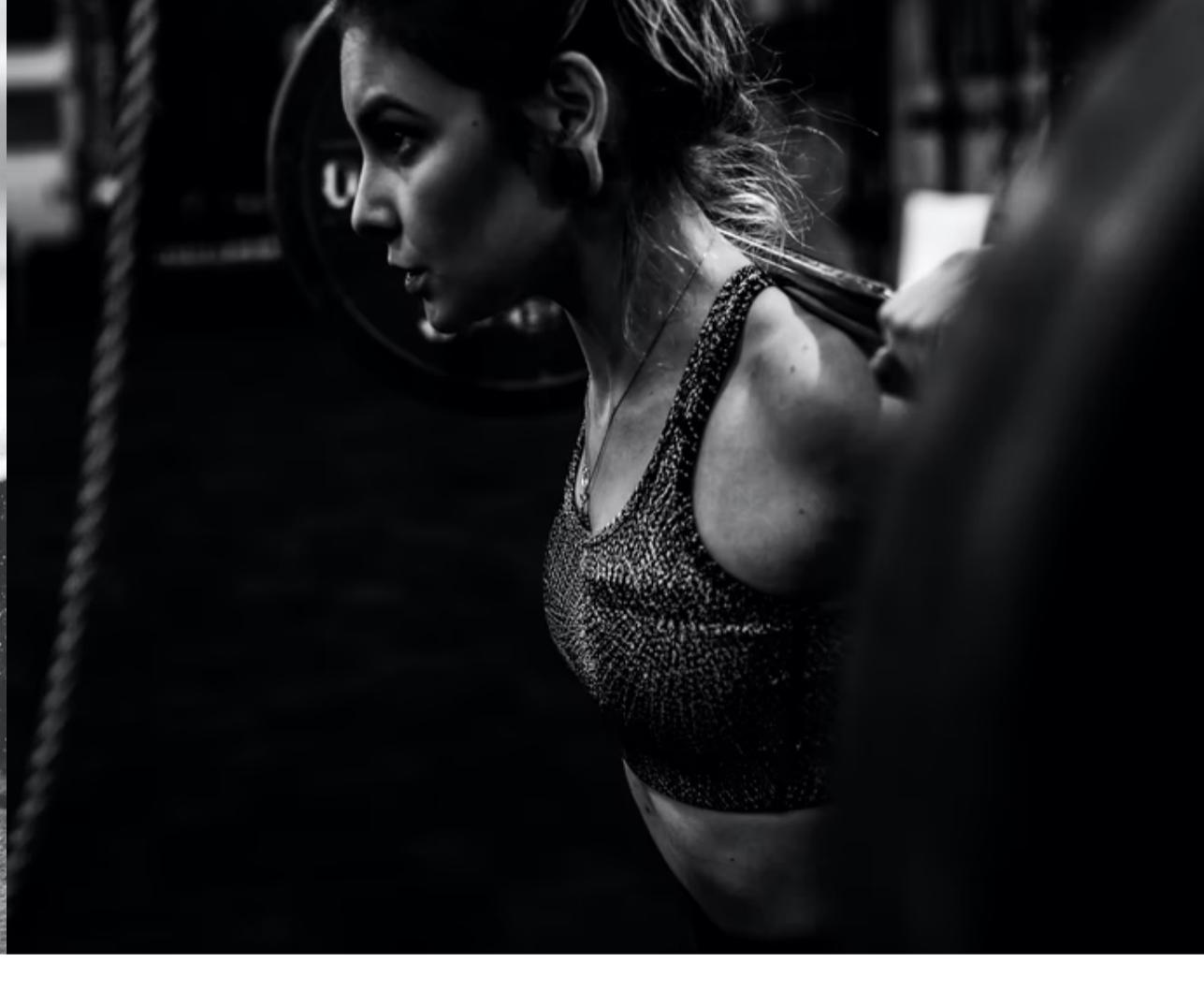
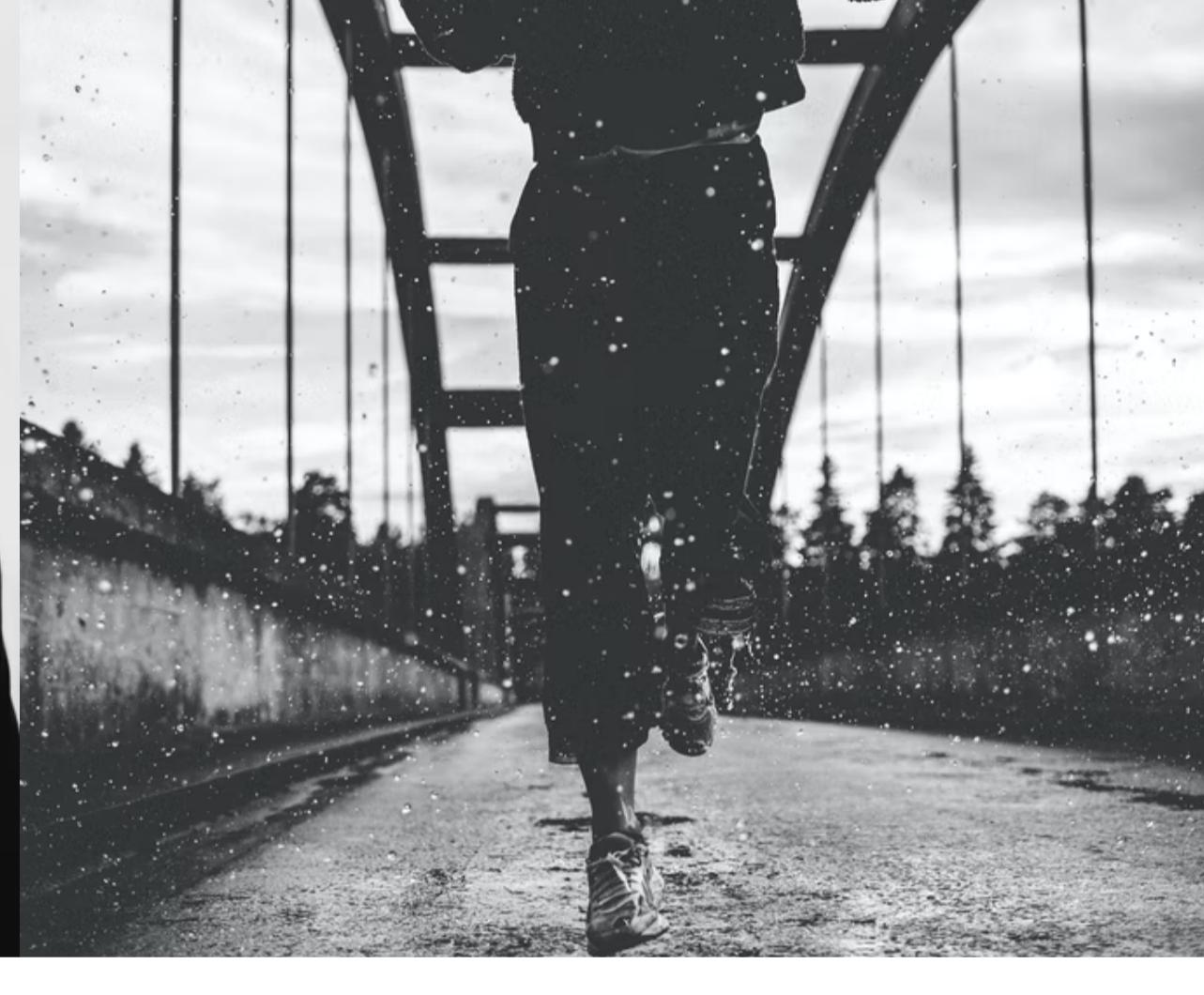
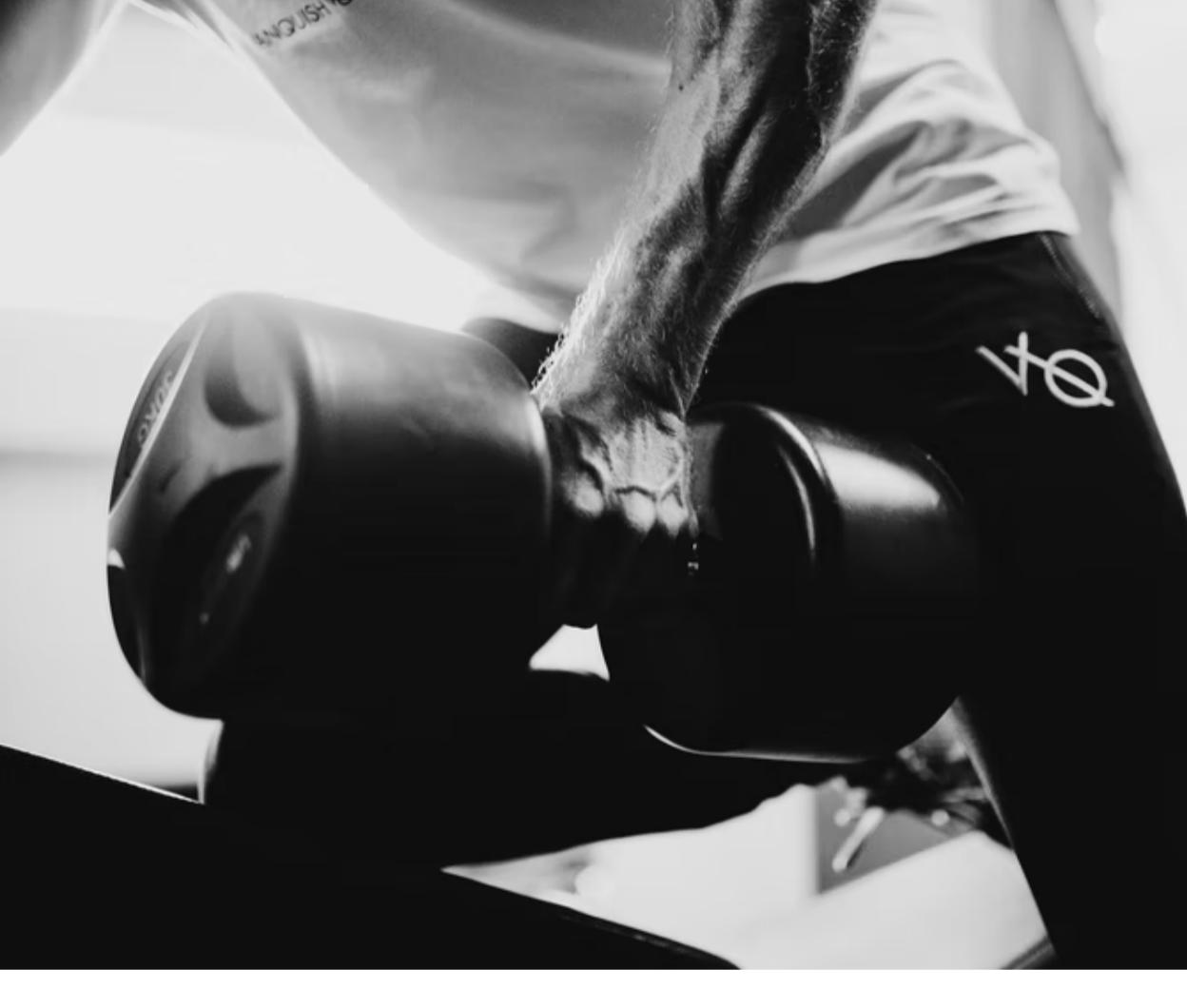
3 times per week

**Home Gym**

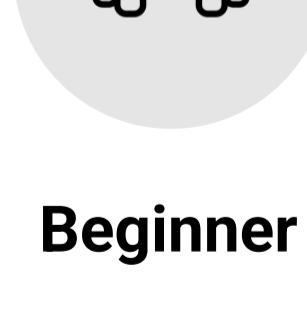
4 times per week

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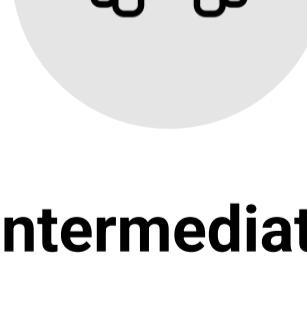
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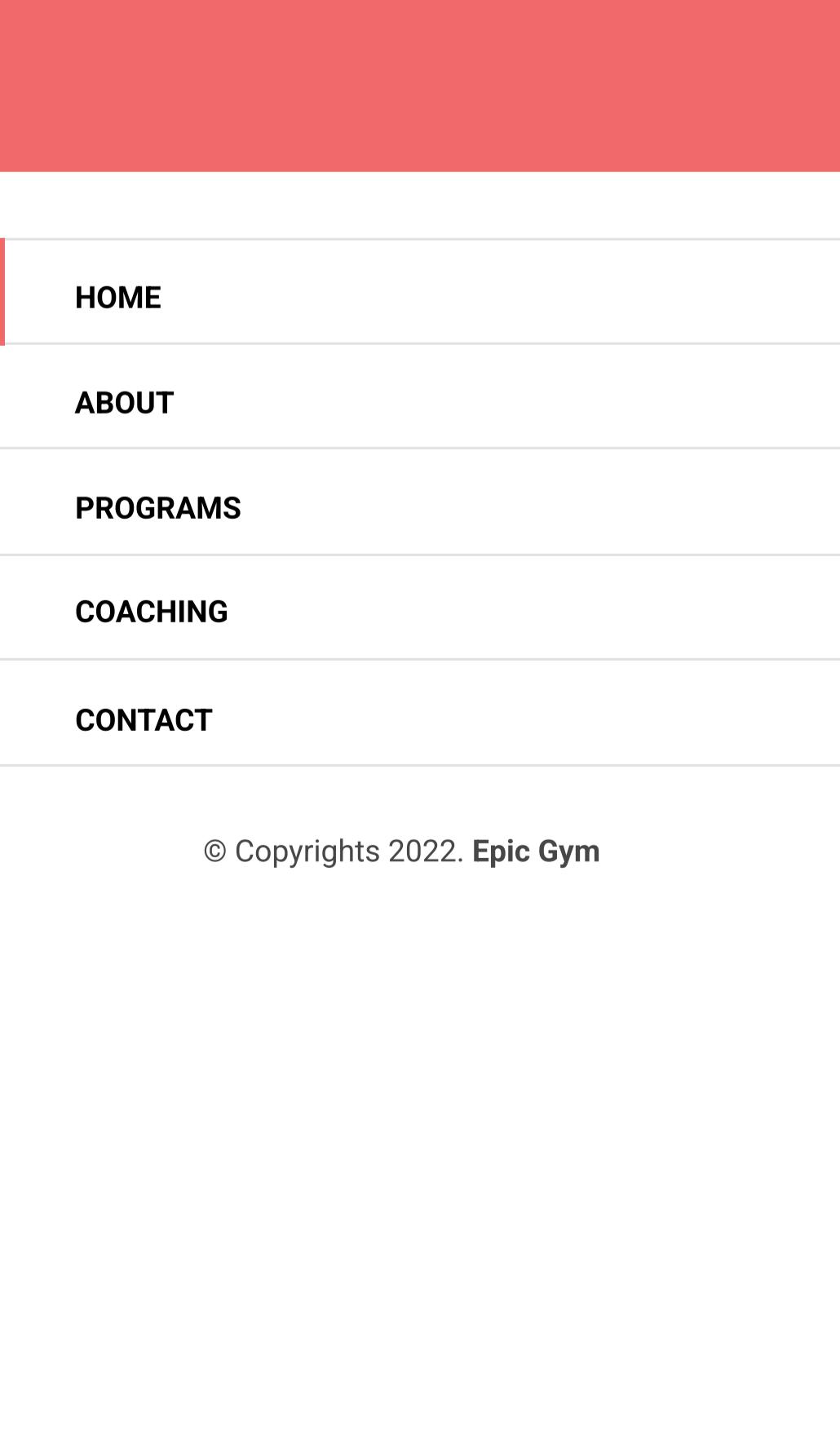
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