





# Abstract

THE ART OF DESIGN

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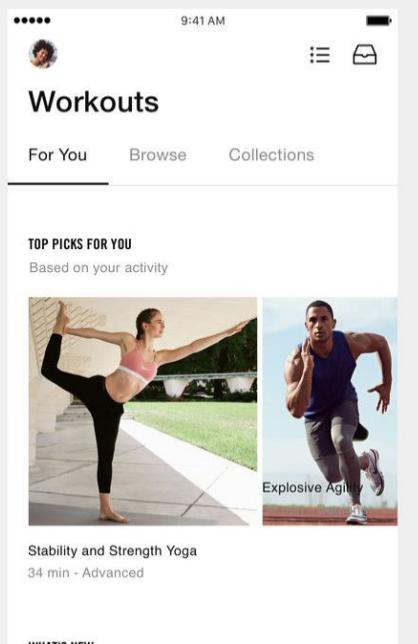




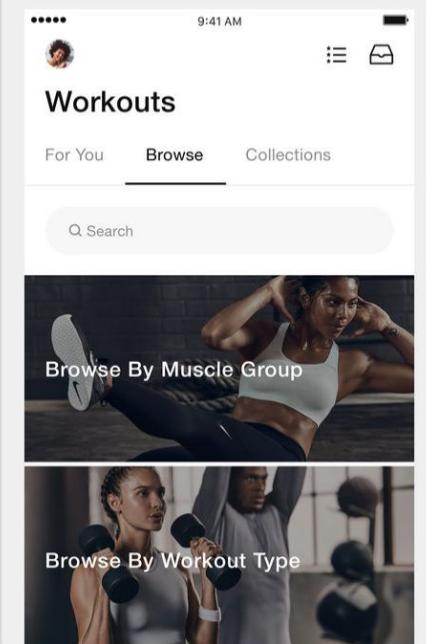




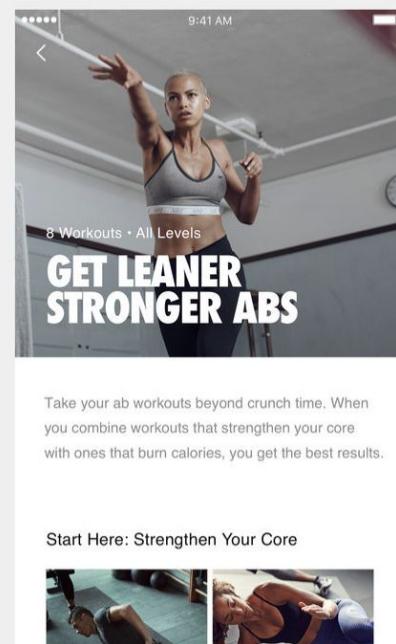
Daily workout recommendations



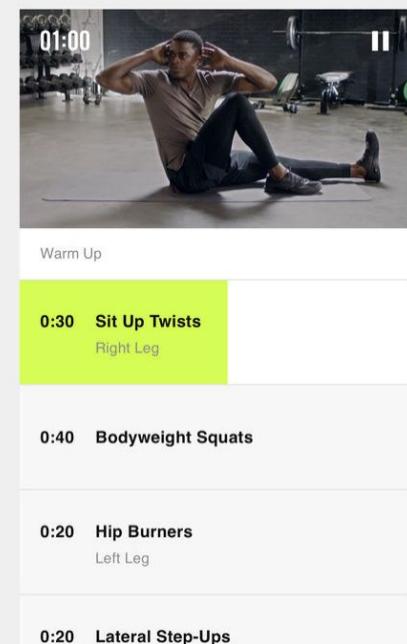
185+ free workouts for all levels



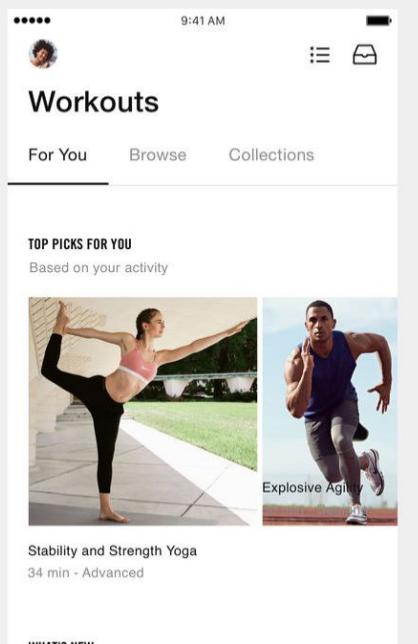
Goal-focused workout collections with expert tips



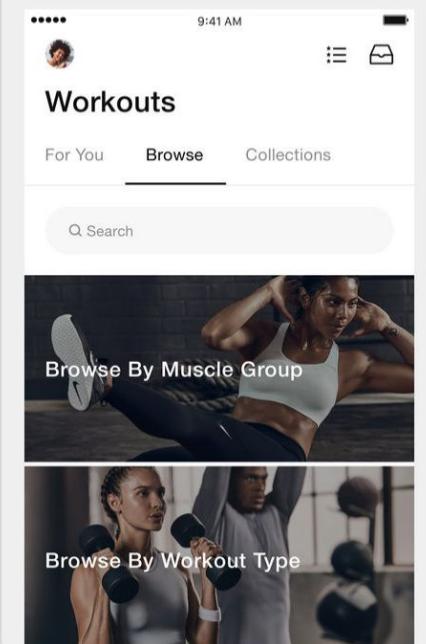
Video guidance from trainers and athletes



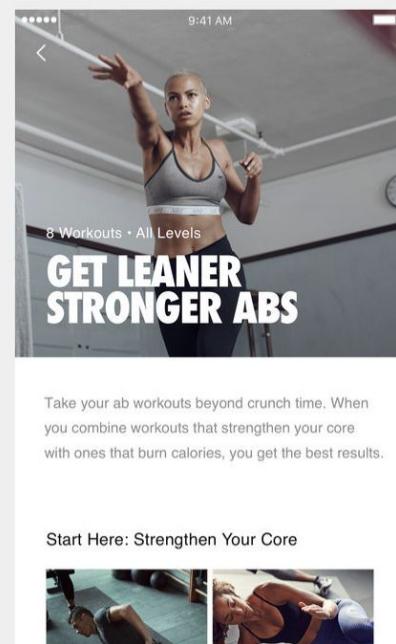
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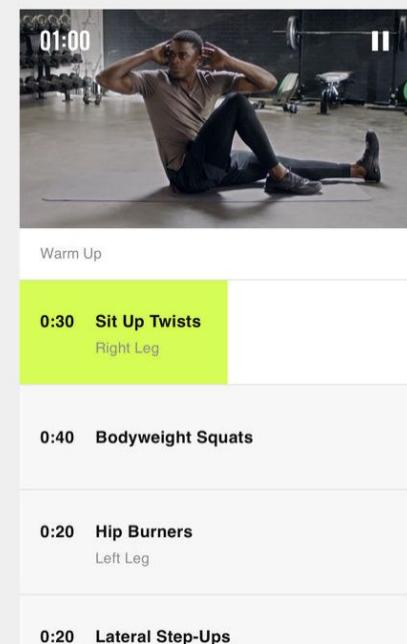
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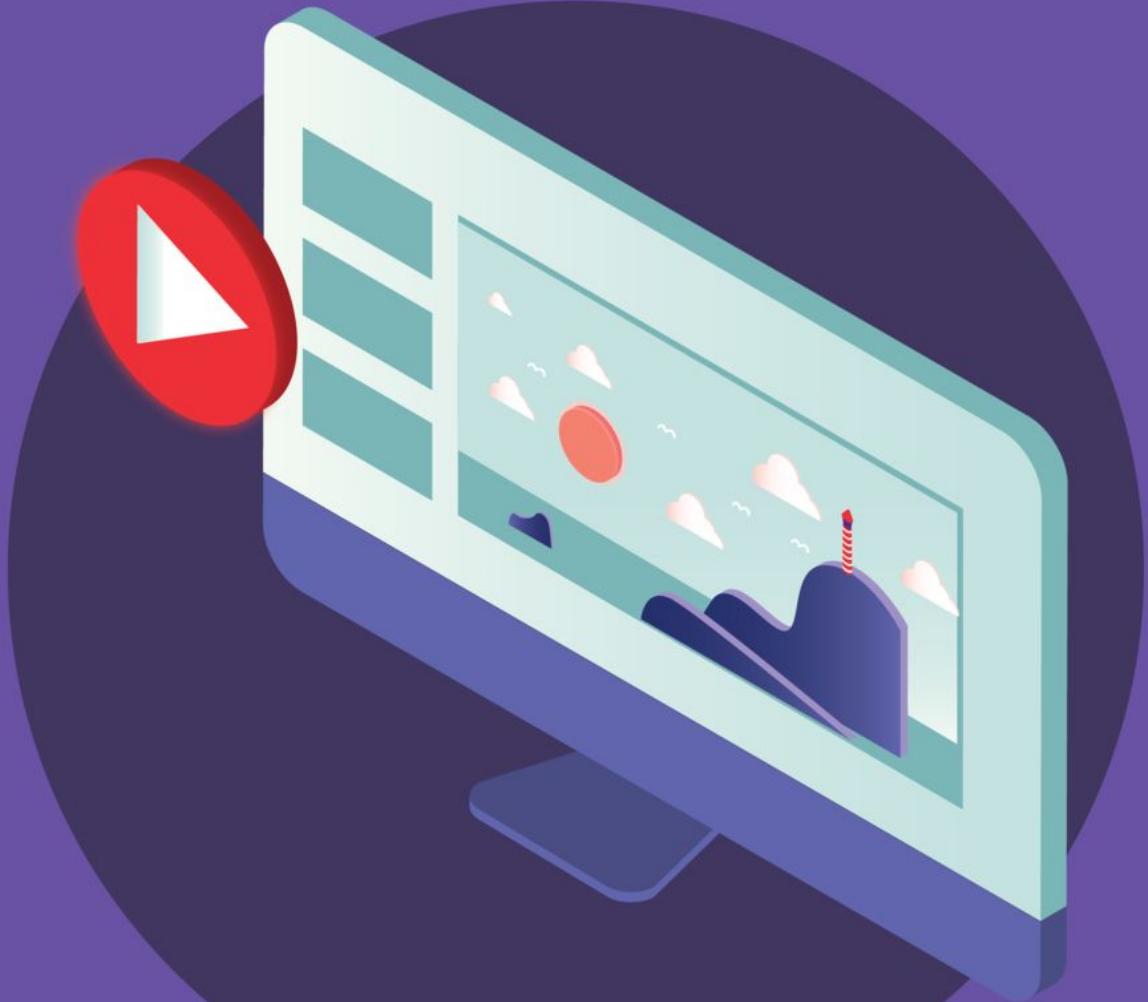


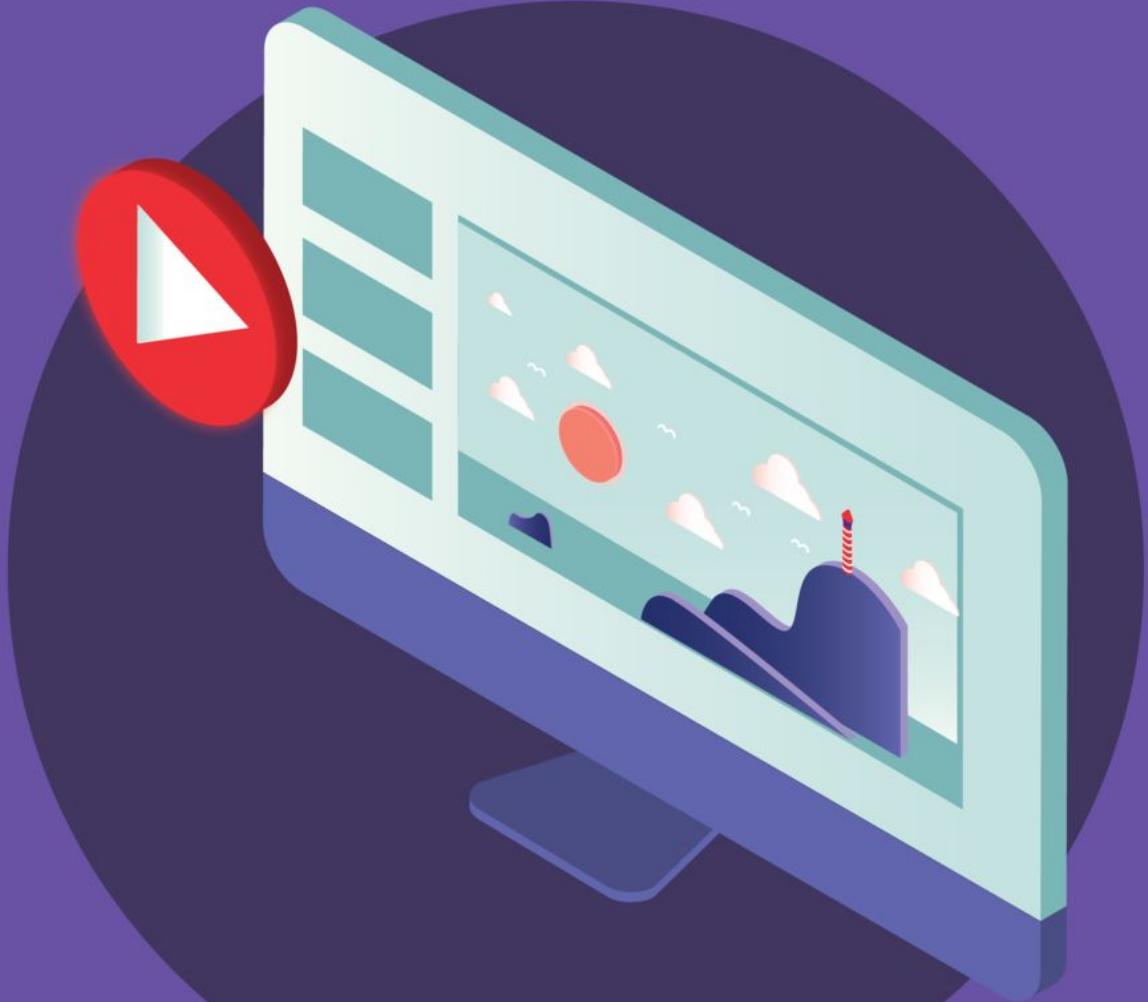
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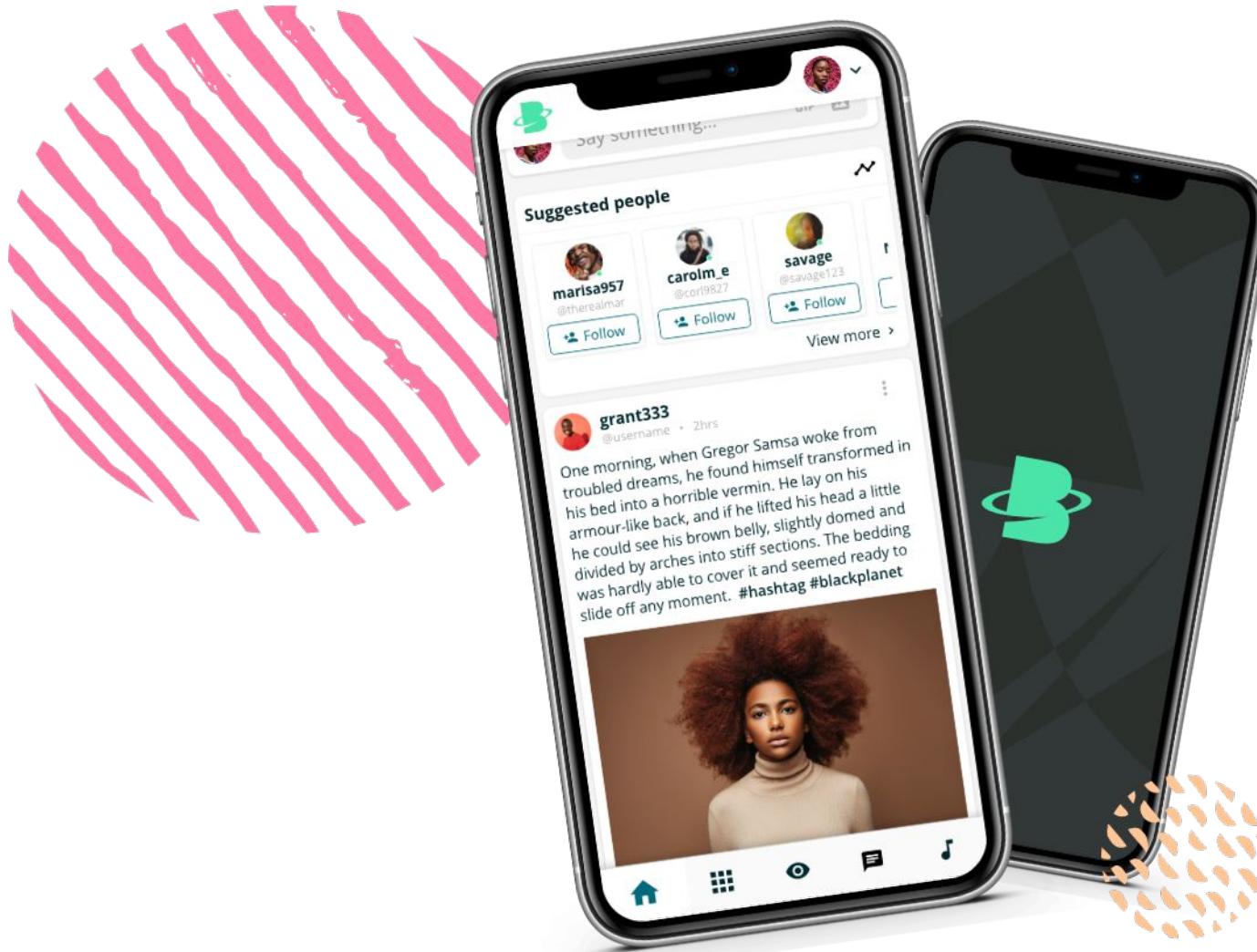


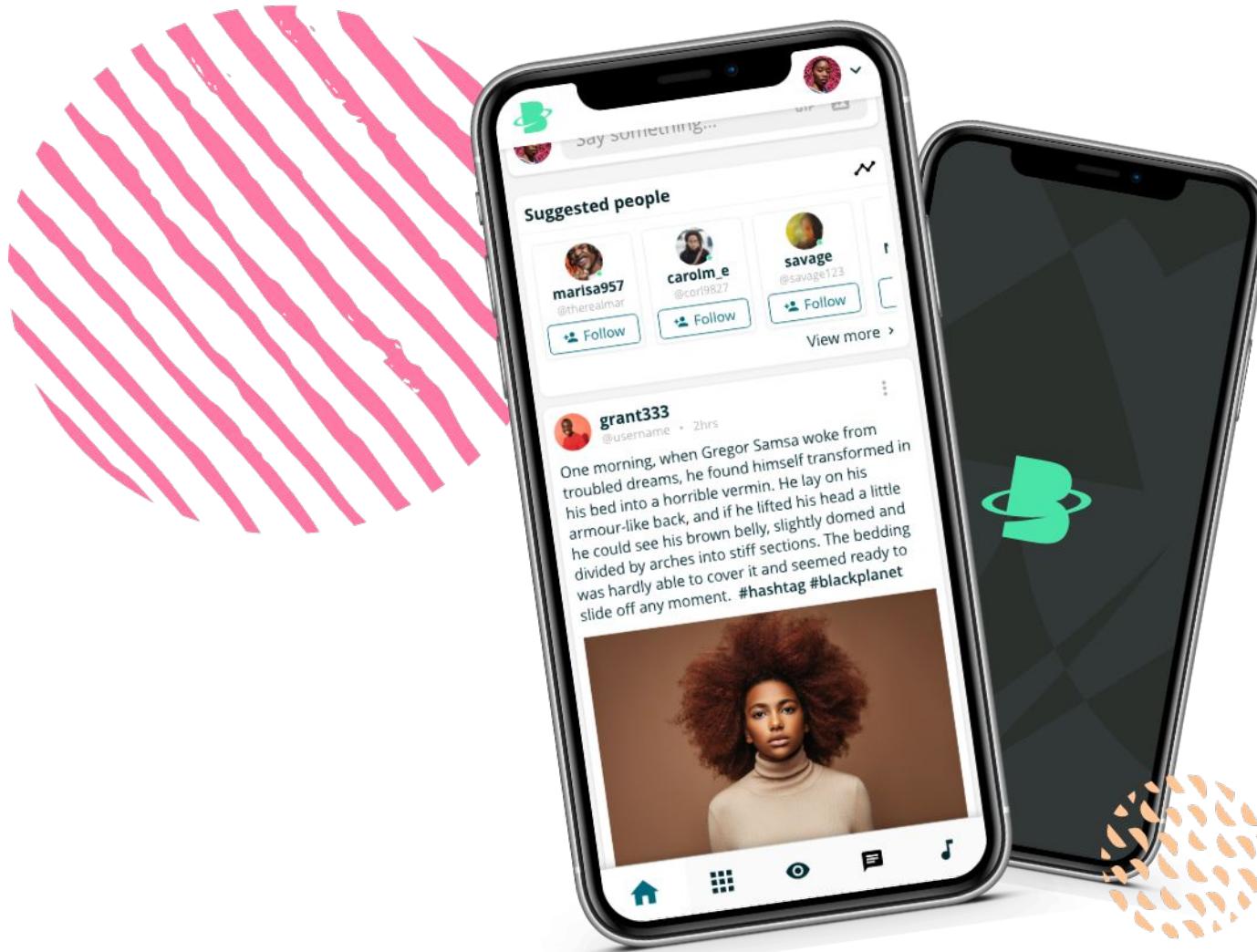
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Charge

Charge



Nurs digital  
ERP



Nurs digital  
ERP



Explore INSTAGRAM

177 photos 6.4m followers 0 following

Follow

Instagram  
Photos straight from Instagram HQ!  
[bit.ly/onthechair01](http://bit.ly/onthechair01)

Photo Map

WorldWide InstaMeet Photo Roundup

#TravelAdventure

Home Explore Search Notifications

The screenshot shows the Instagram mobile application interface. At the top, there's a header with "Explore" and the "INSTAGRAM" logo. Below the header, a profile card for "Instagram" is displayed, showing 177 photos, 6.4 million followers, and 0 following. A prominent "Follow" button is present. The main content area features a bio for "Instagram" followed by a link: "Photos straight from Instagram HQ! bit.ly/onthechair01". Below this, there are several thumbnail images representing different photo collections or roundsups. At the bottom, a navigation bar includes icons for Home, Explore, Search, and Notifications.



Explore INSTAGRAM

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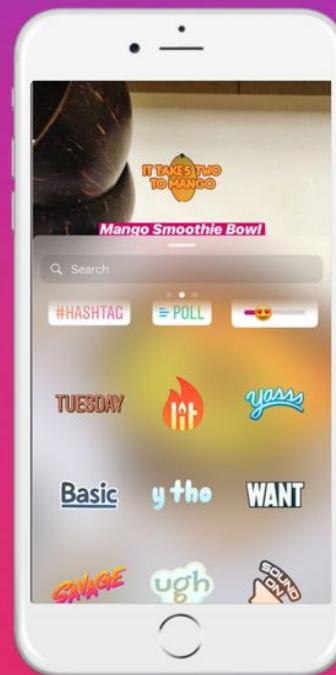






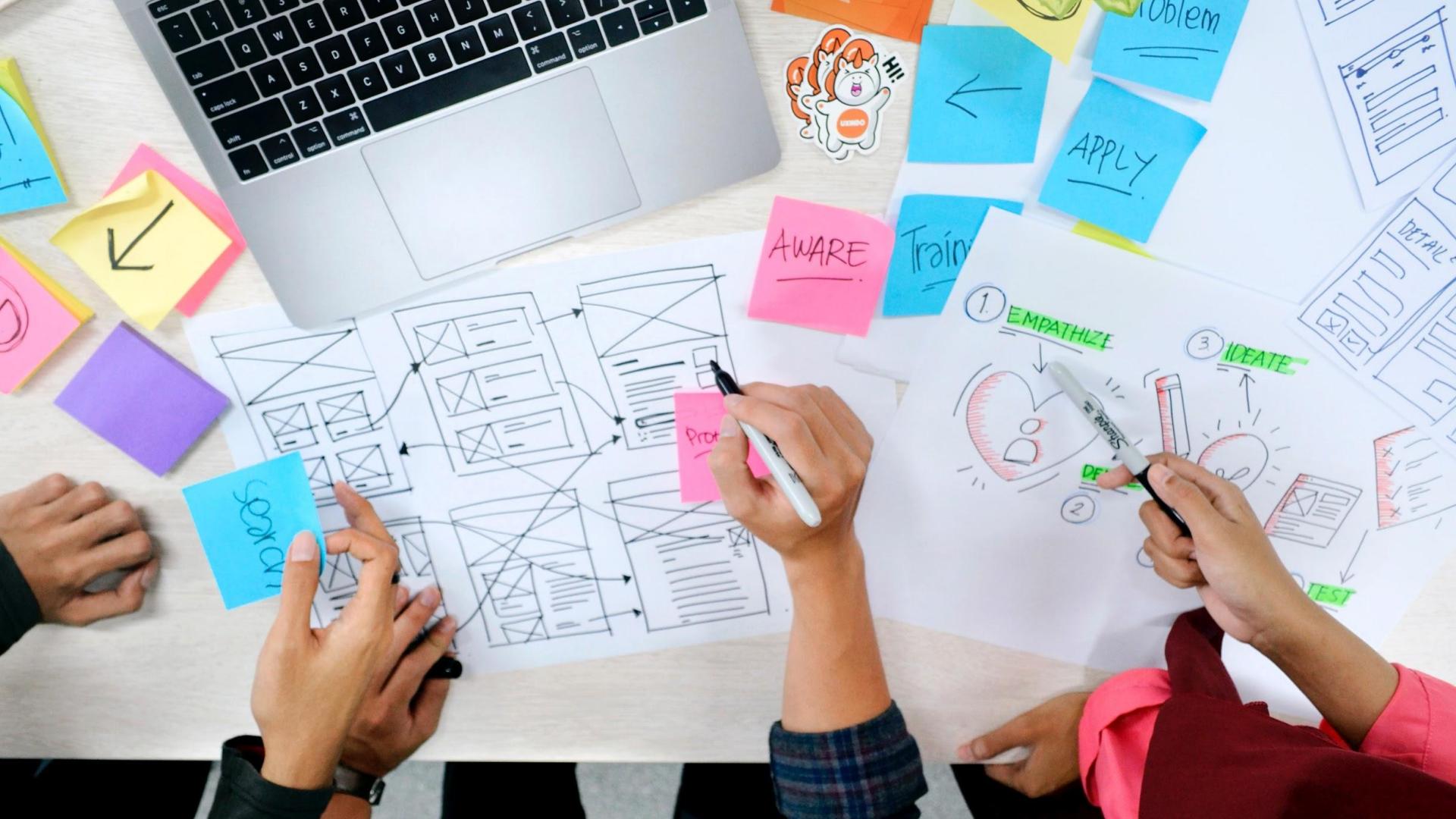


# INSTAGRAM STORIES



# INSTAGRAM STORIES





AWARE

Train

Prot

SICK!

APPLY

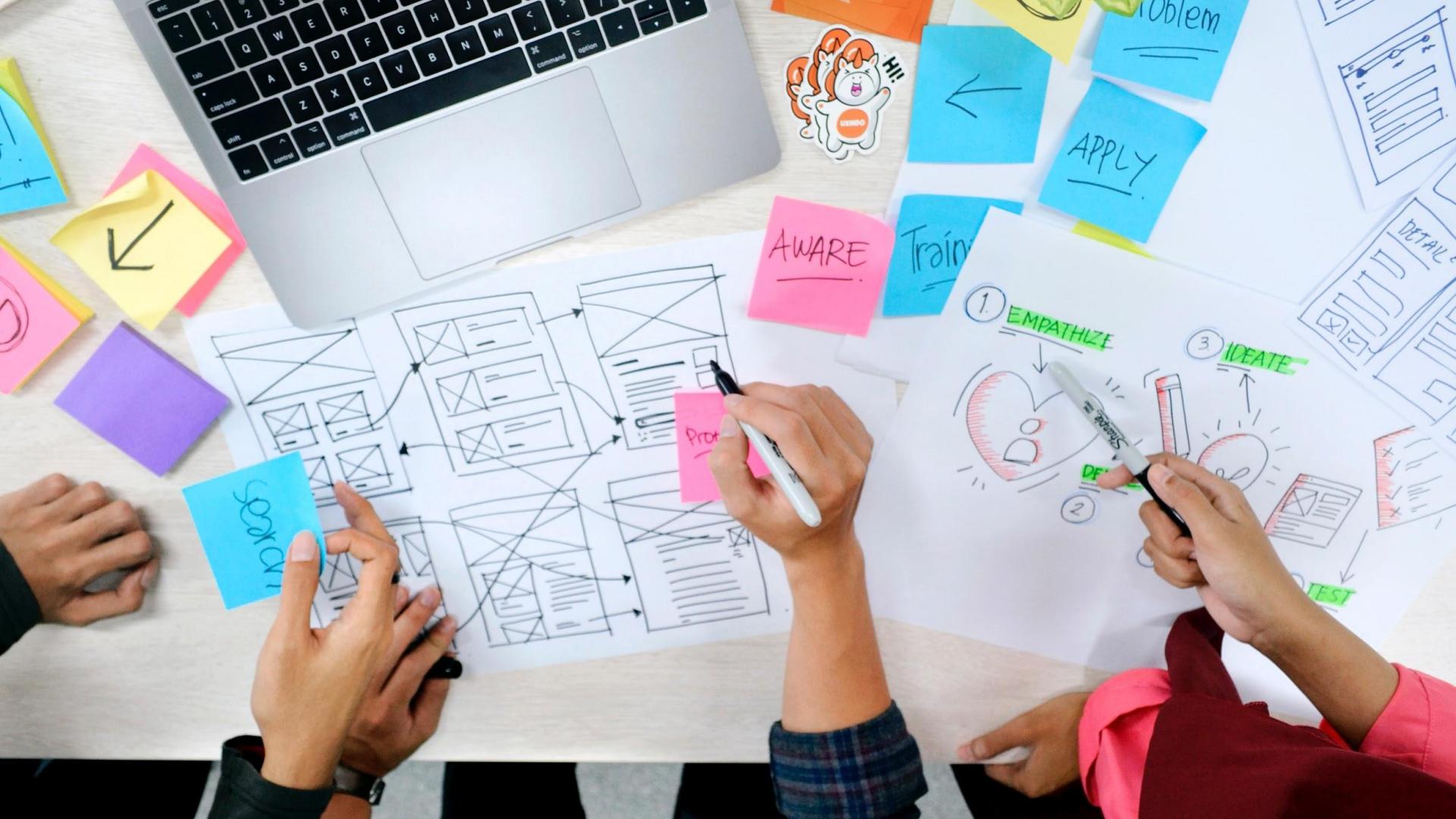
1. EMPATHIZE

3. IDEATE

2. DEFINE

TEST

DETAIL



AWARE

Train

Prot

1. EMPATHIZE

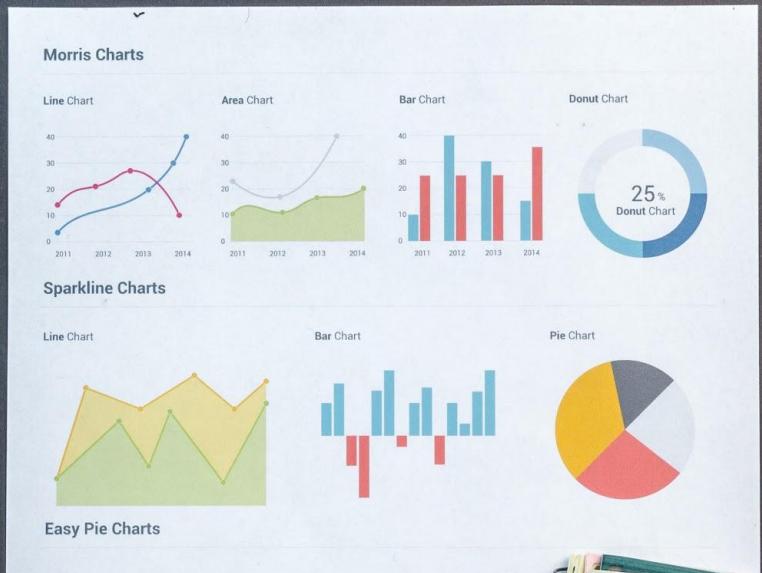
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2. DEFINE

TEST







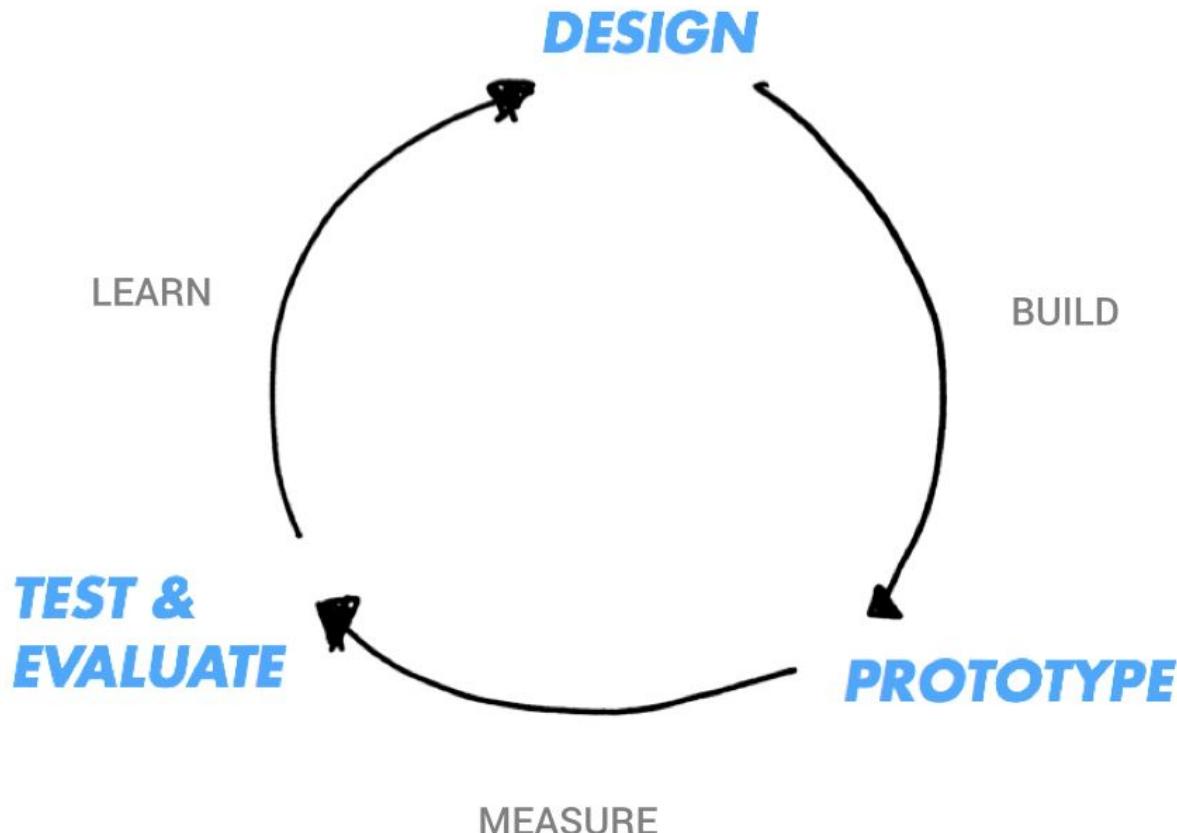
### Easy Pie Charts

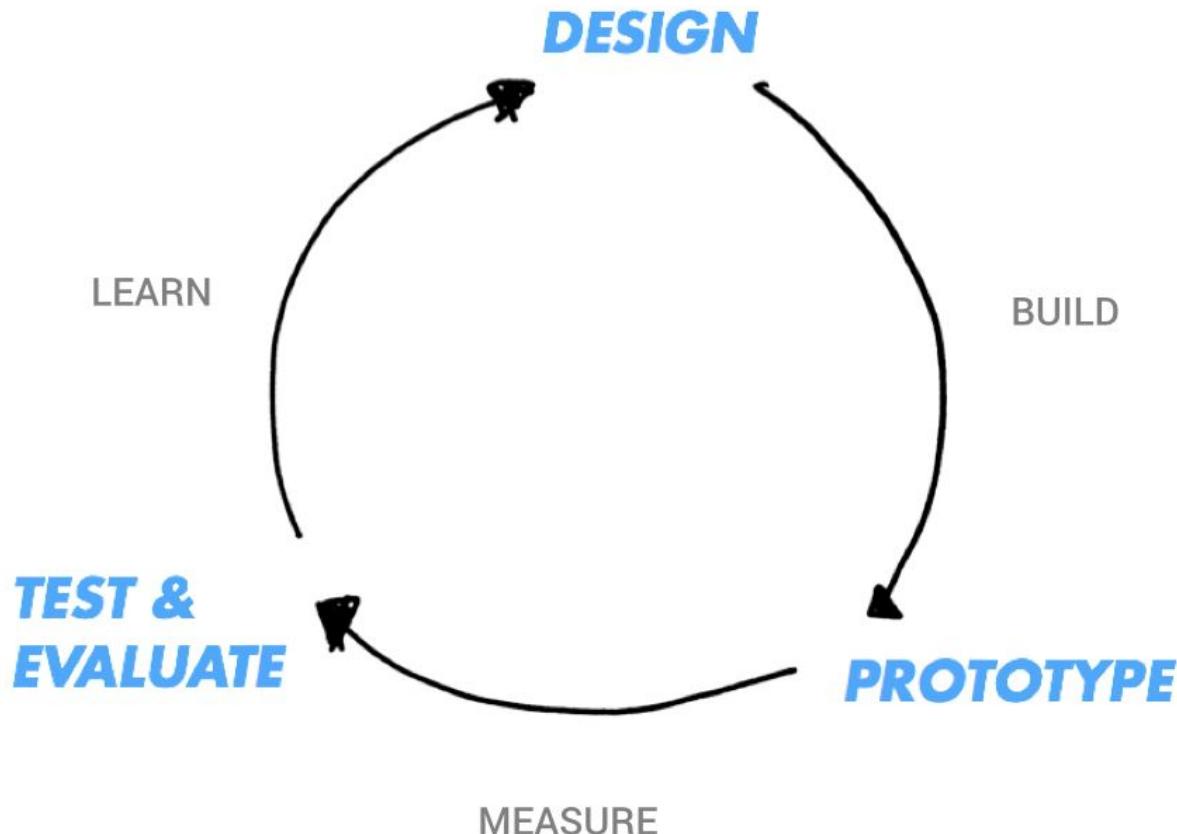




### Easy Pie Charts











Fuel Your Passion

Fuel Your Passion