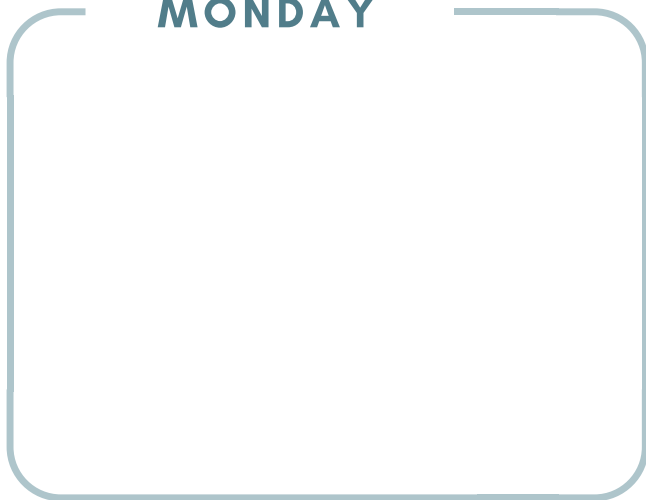
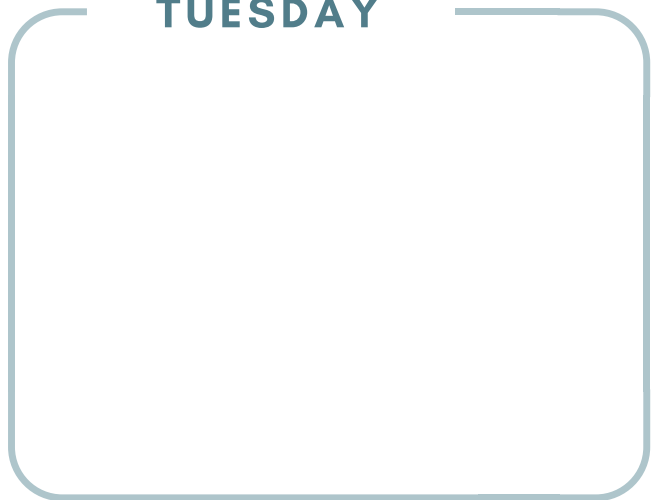


WORKOUT SCHEDULE

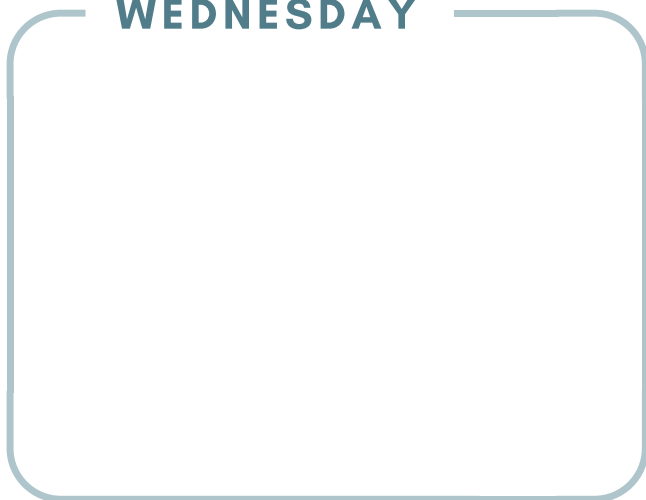
MONDAY



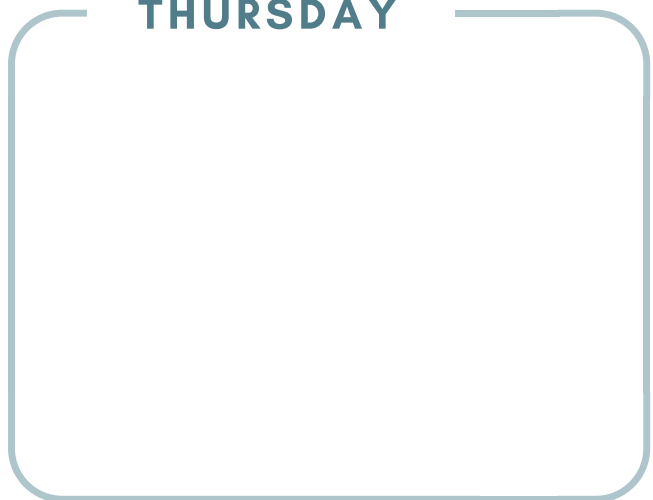
TUESDAY



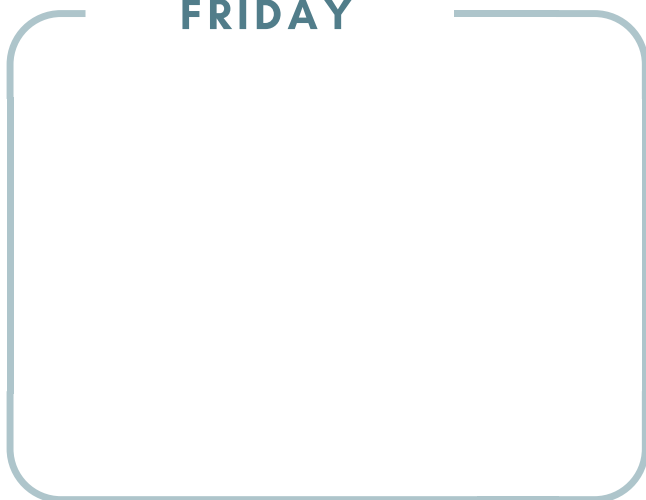
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



WEEKLY GOALS