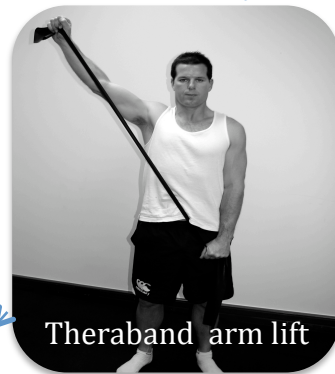
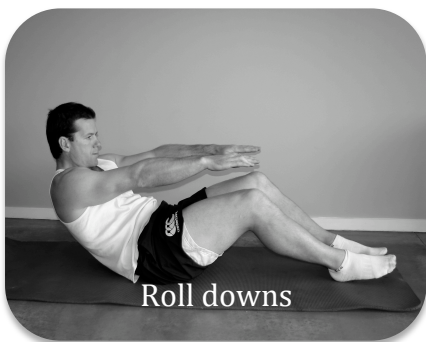
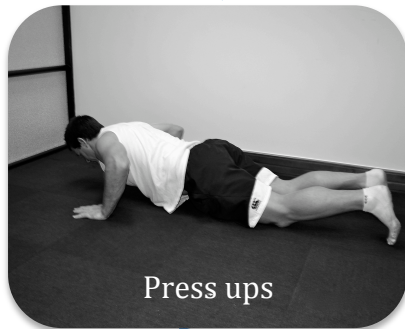


STRENGTH CIRCUIT 1



EXERCISE
Work

Rest

CIRCUITS
Number

Rest

CARDIO