

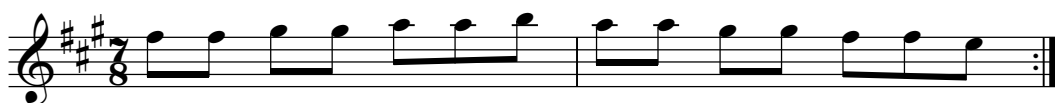
5 minute workout

- 51 -



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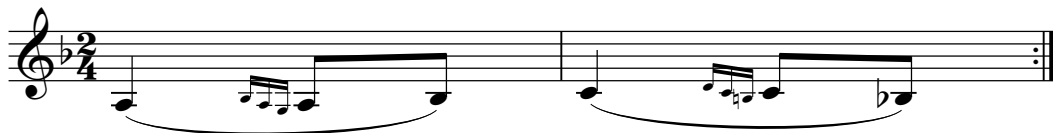
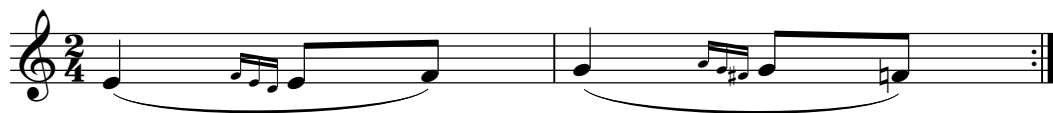
5 minute workout

- 52 -



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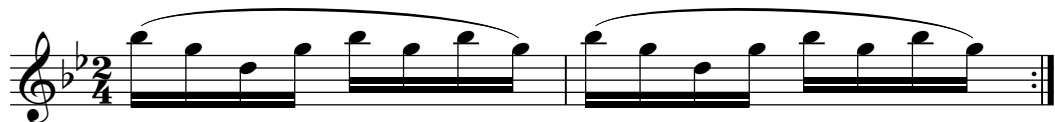
5 minute workout

- 53 -



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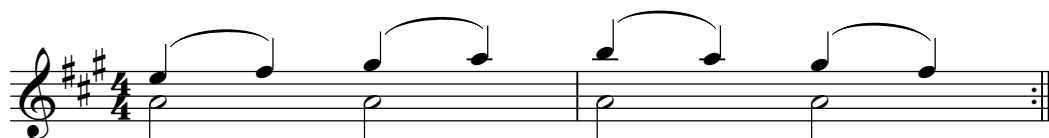
5 minute workout

- 54 -



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5 minute workout
- 55 -

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5 minute workout

- 56 -



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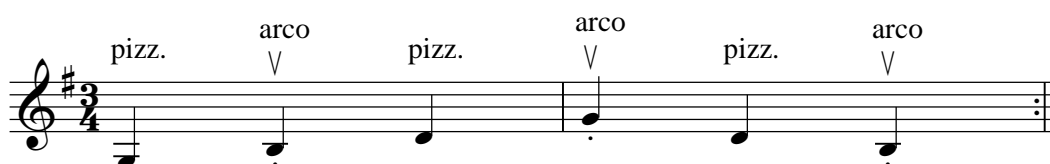
5 minute workout

- 57 -



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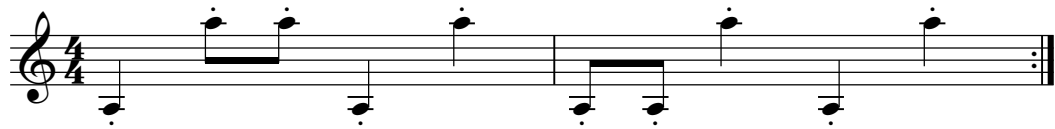
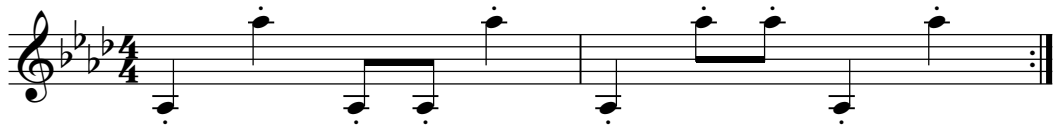
5 minute workout

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5 minute workout

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5 minute workout

- 60 -



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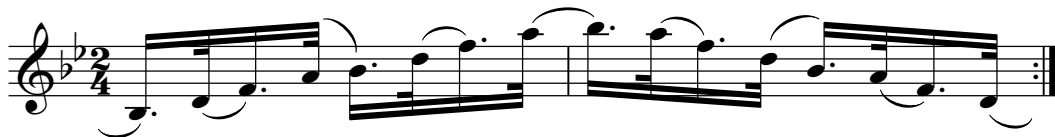
5 minute workout

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5 minute workout

- 62 -



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5 minute workout

- 63 -



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5 minute workout

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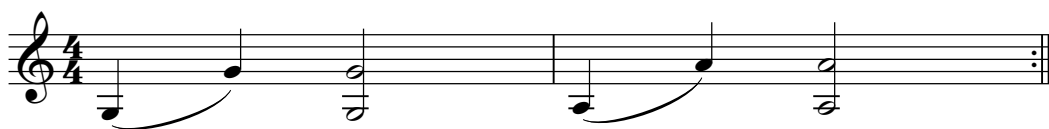
5 minute workout

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5 minute workout

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5 minute workout

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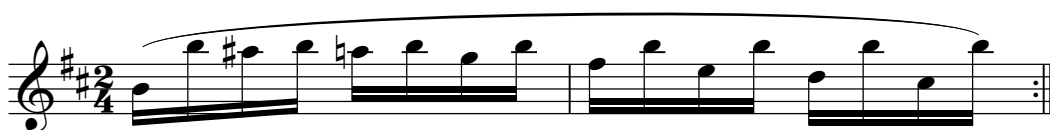
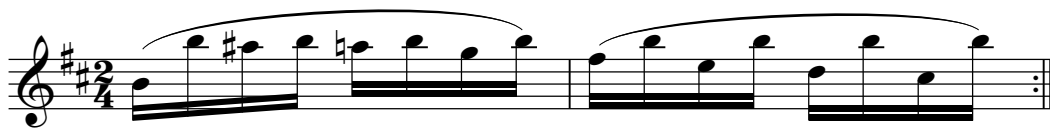
5 minute workout

- 68 -



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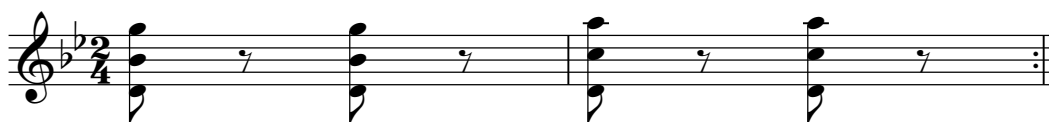
5 minute workout

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5 minute workout

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5 minute workout

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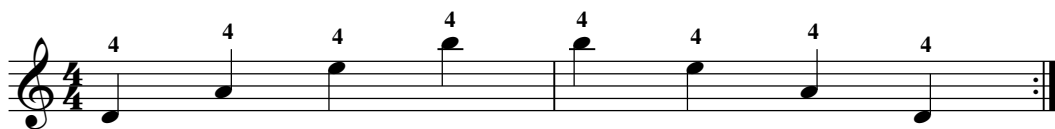
5 minute workout

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5 minute workout

- 74 -



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5 minute workout

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5 minute workout
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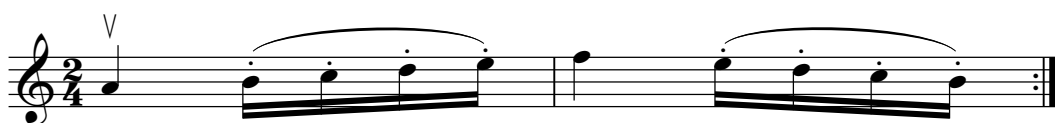
5 minute workout

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5 minute workout

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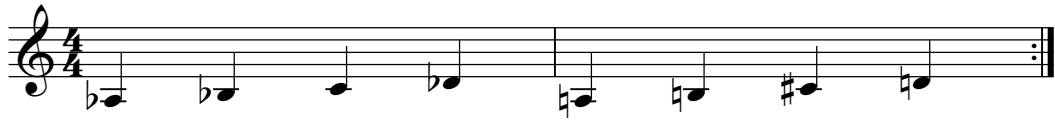
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5 minute workout

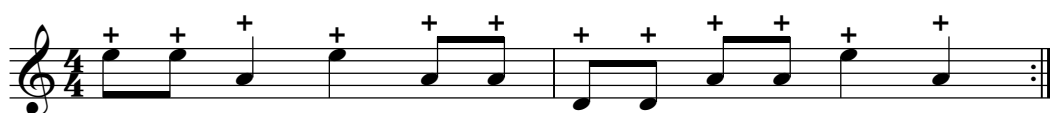
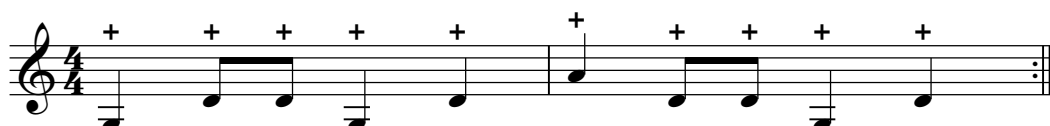
- 80 -



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5 minute workout

- 81 -



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5 minute workout

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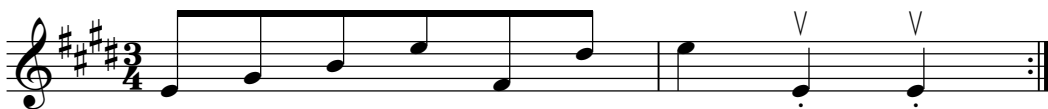
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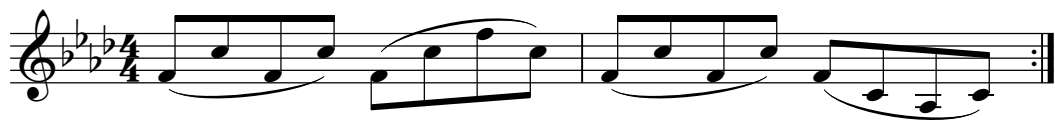
5 minute workout

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5 minute workout
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5 minute workout

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5 minute workout

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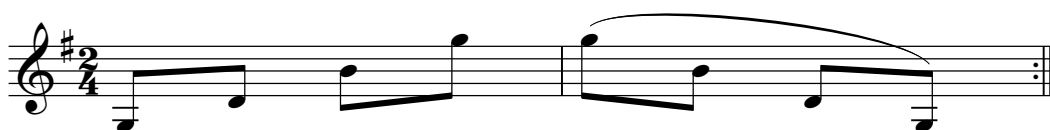
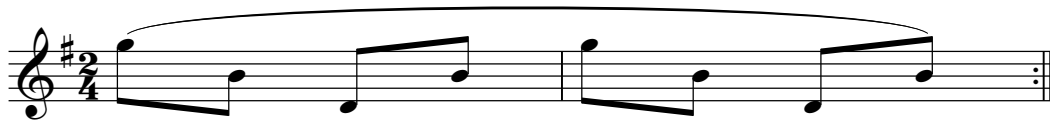
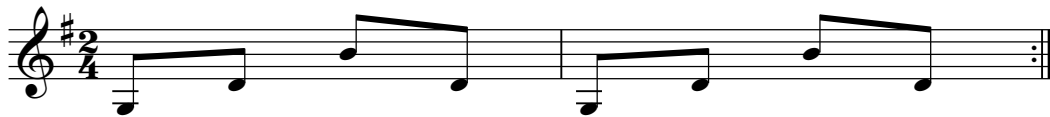
5 minute workout

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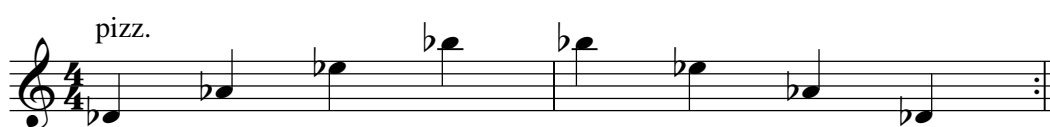
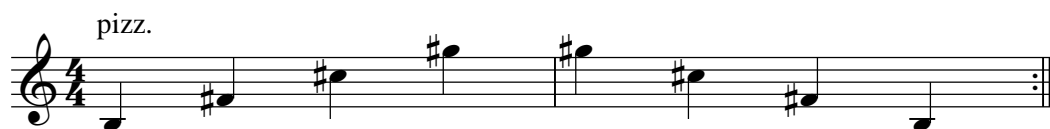
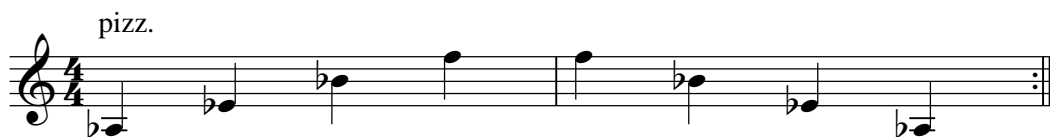
5 minute workout

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5 minute workout

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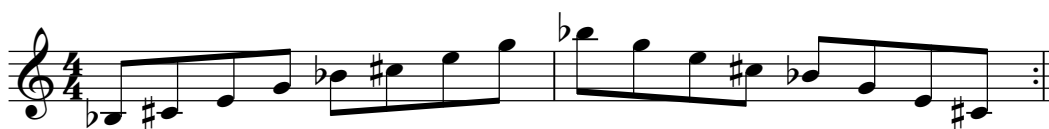
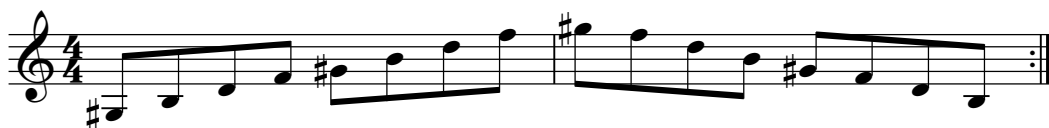
5 minute workout

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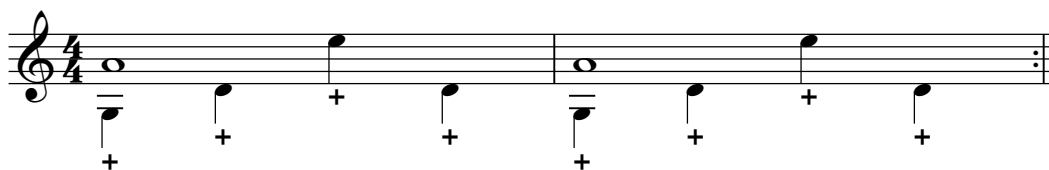
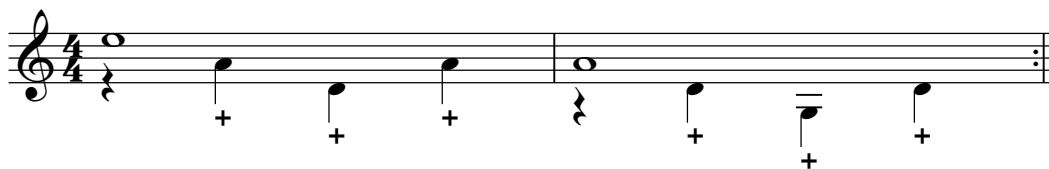
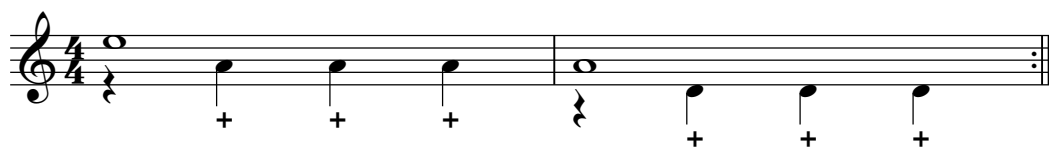
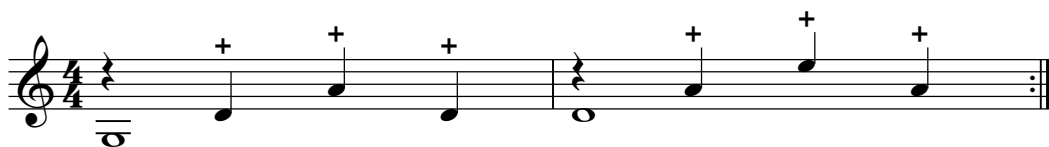
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5 minute workout
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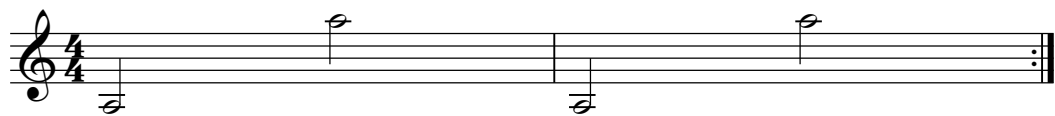
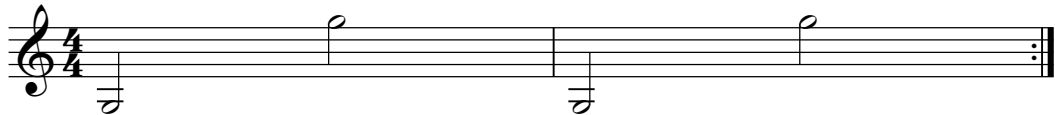
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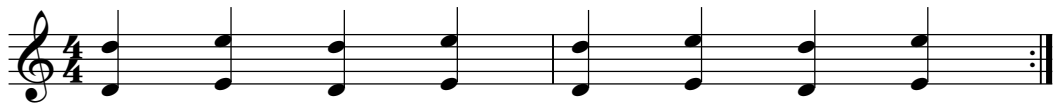
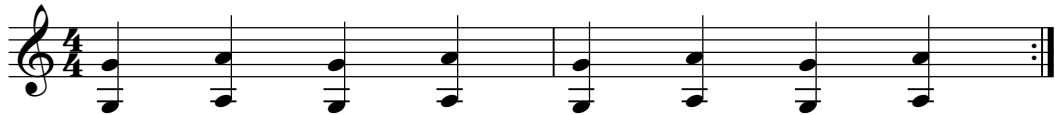
5 minute workout

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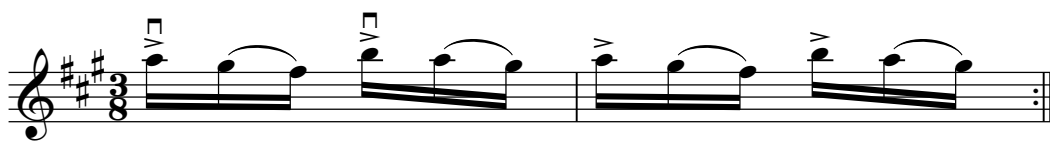
5 minute workout

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5 minute workout

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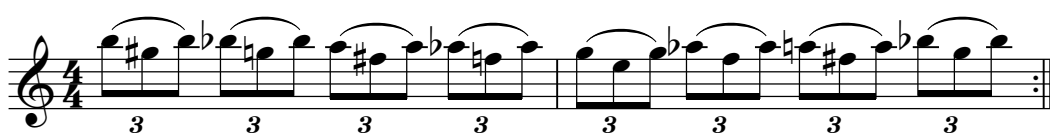
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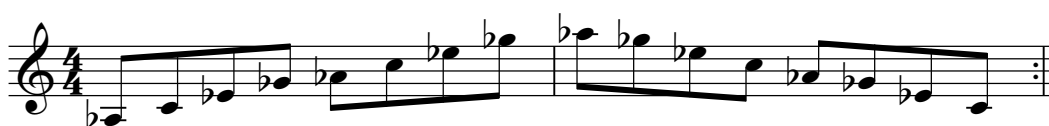
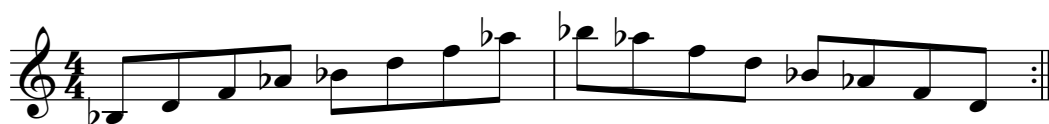
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5 minute workout

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