

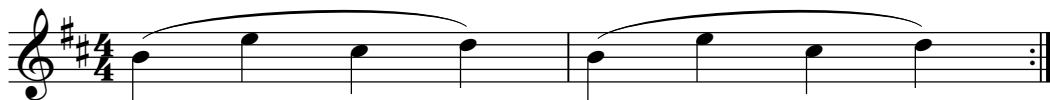
5 minute workout

- 1 -



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5 minute workout

- 2 -



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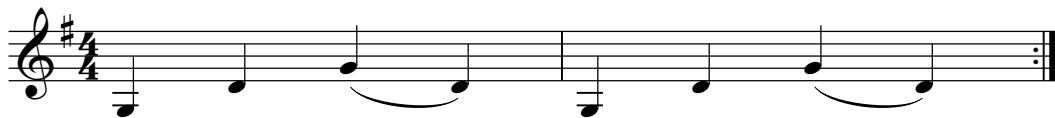
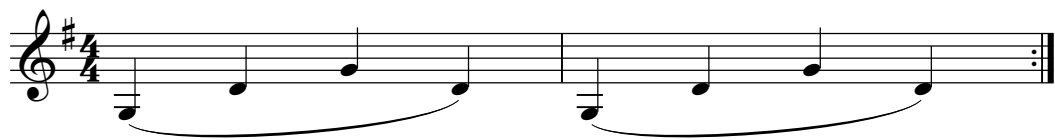
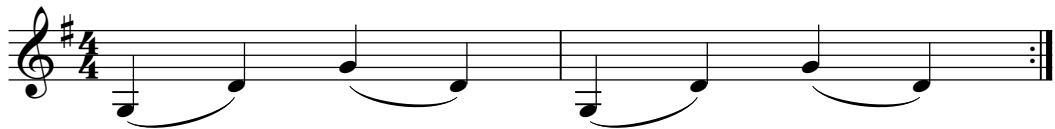
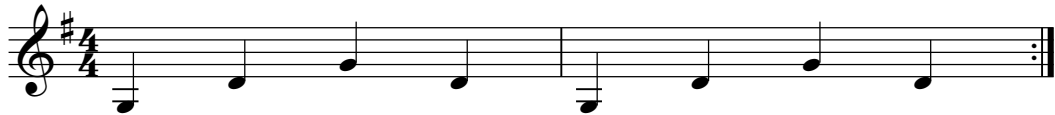
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- 3 -



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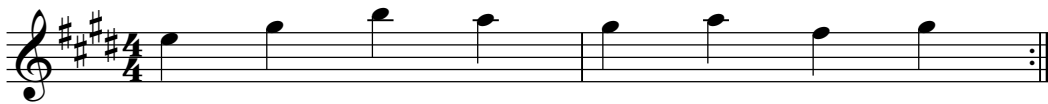
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- 4 -



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5 minute workout

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5 minute workout

- 6 -



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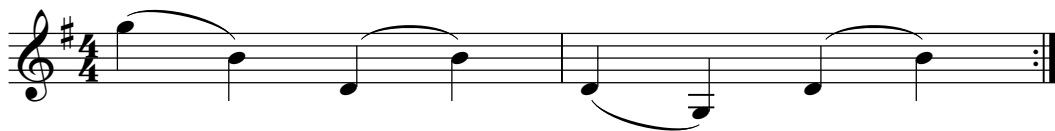
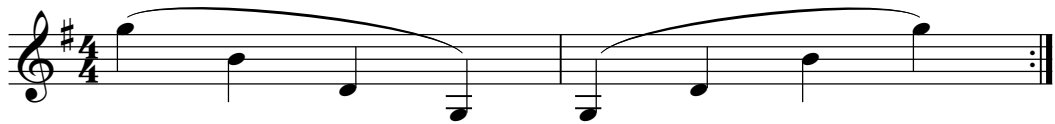
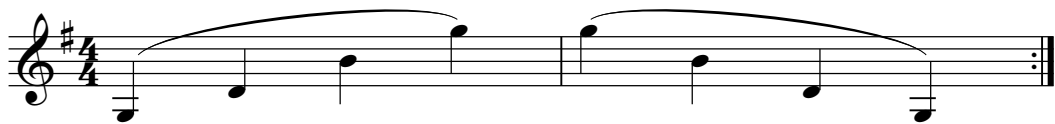
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- 7 -



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5 minute workout

- 8 -



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5 minute workout

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5 minute workout

- 10 -



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5 minute workout

- 11 -



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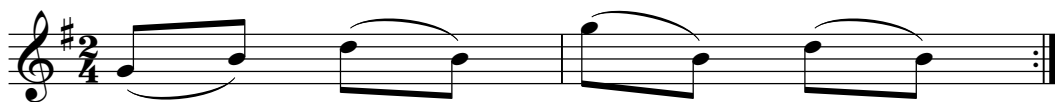
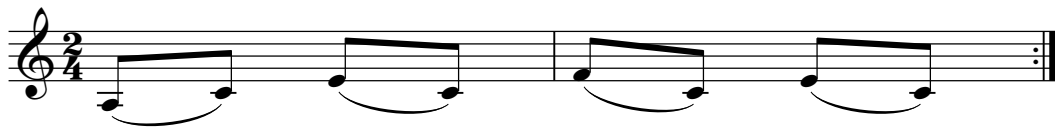
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- 12 -



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5 minute workout

- 13 -



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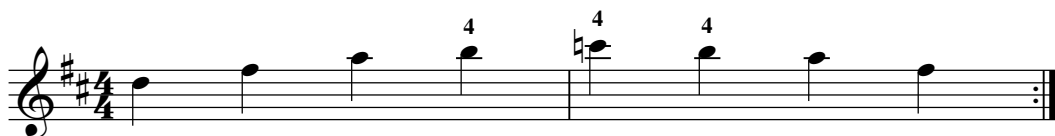
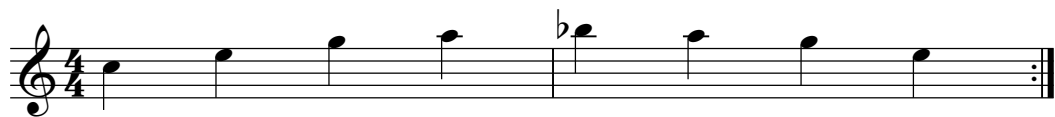
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- 14 -



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5 minute workout

- 15 -



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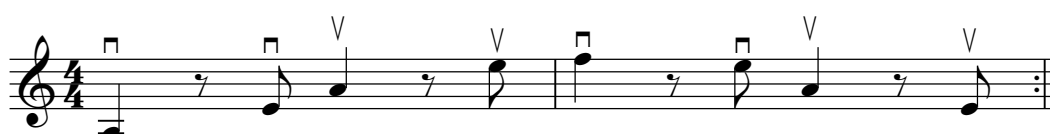
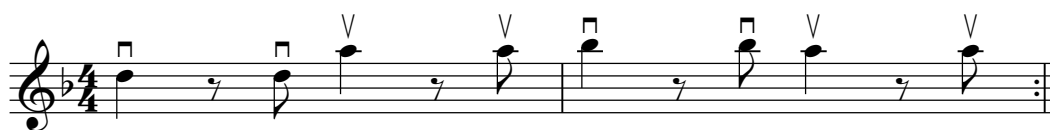
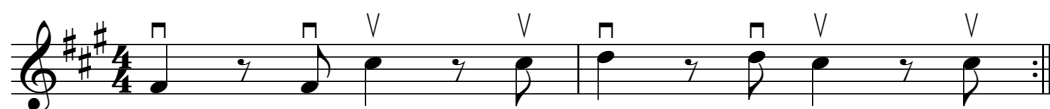
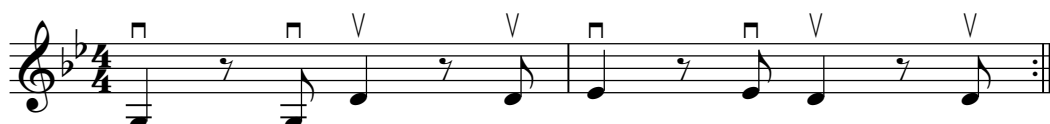
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- 16 -



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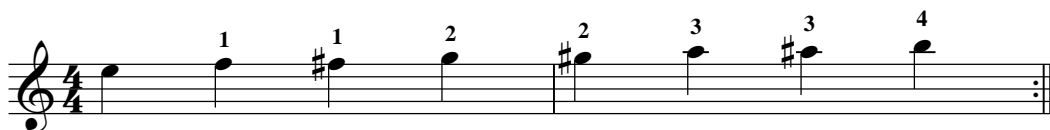
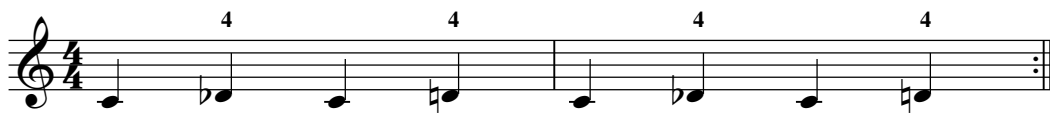
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- 17 -



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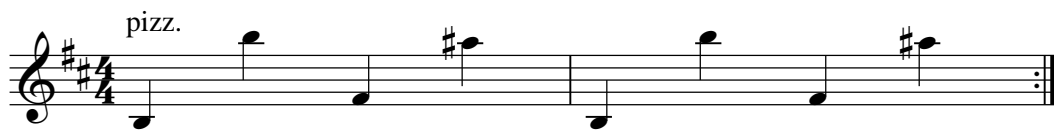
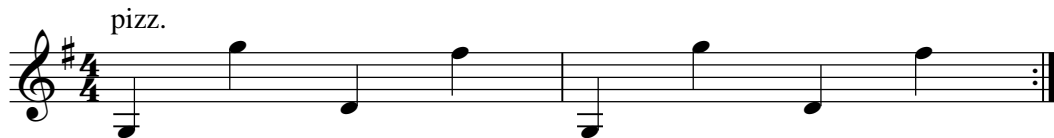
5 minute workout

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5 minute workout

- 19 -



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5 minute workout

- 20 -



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5 minute workout

- 21 -



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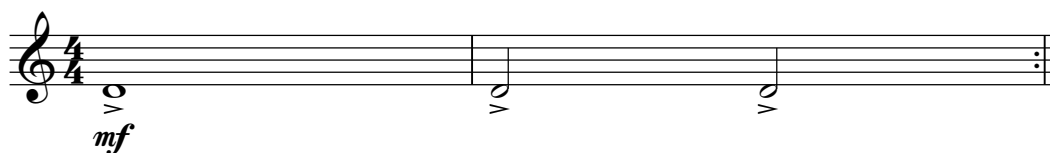
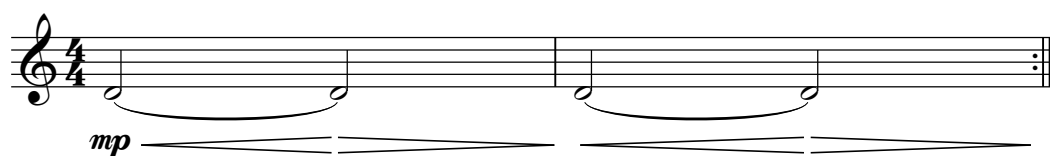
5 minute workout

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5 minute workout

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- 24 -



5 minute workout

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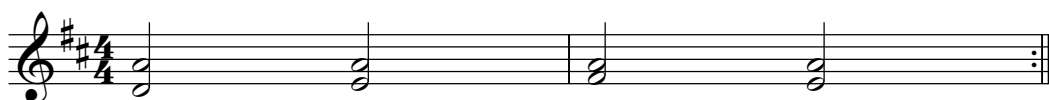
5 minute workout

- 26 -



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5 minute workout

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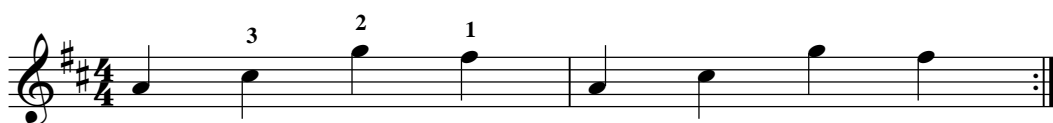
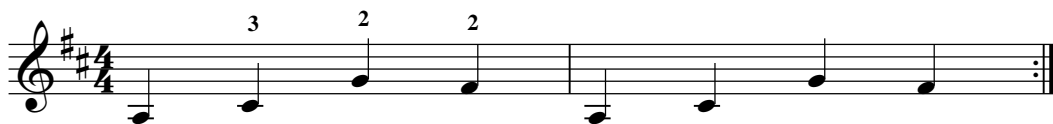
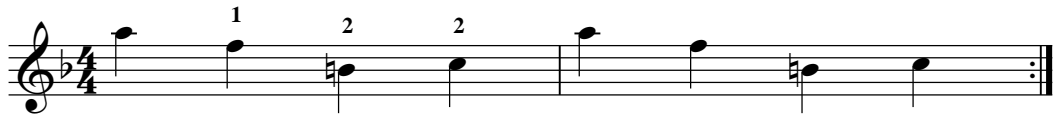
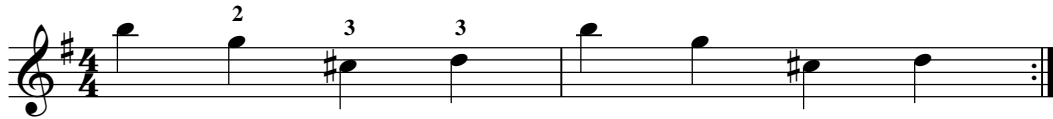
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- 28 -



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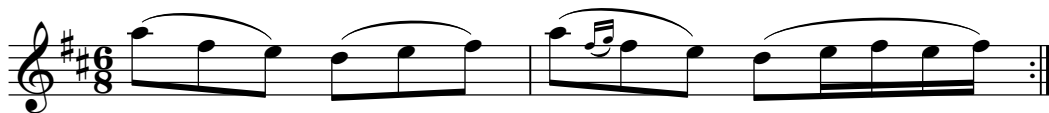
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- 29 -



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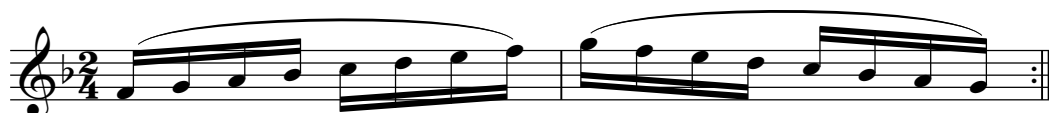
5 minute workout

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5 minute workout

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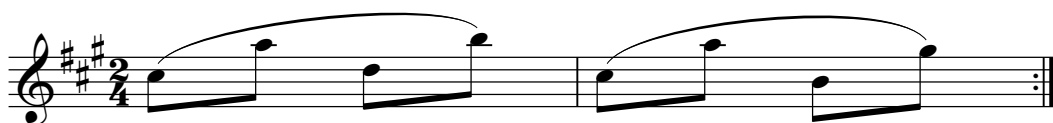
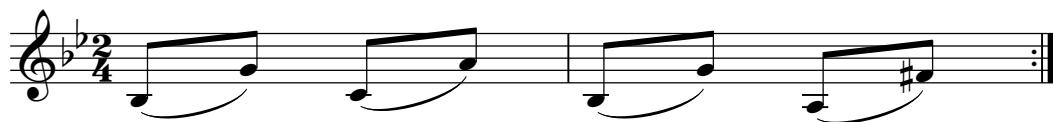
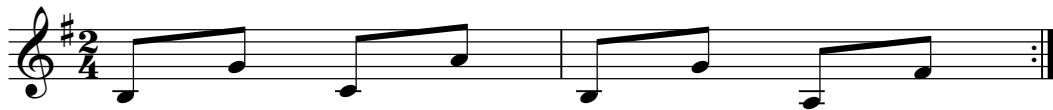
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- 32 -



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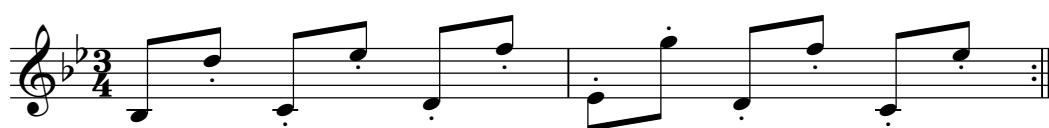
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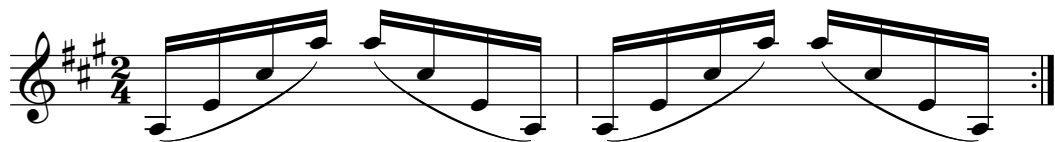
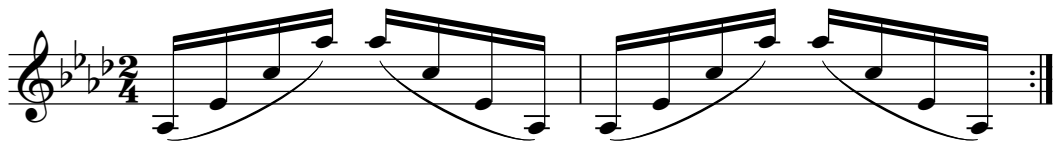
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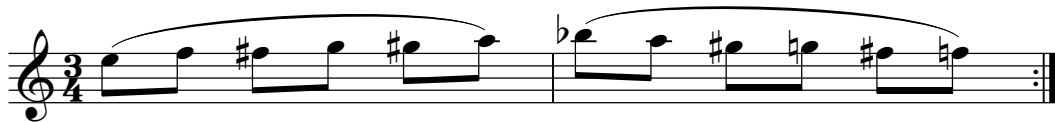
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- 35 -



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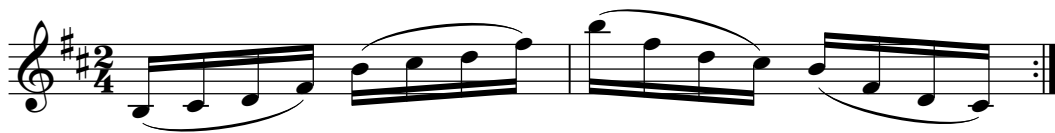
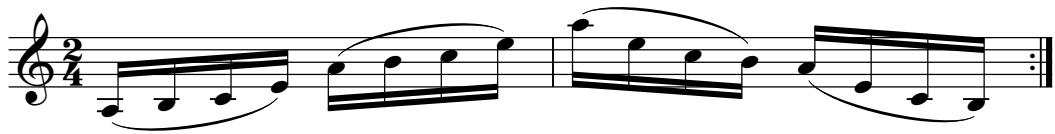
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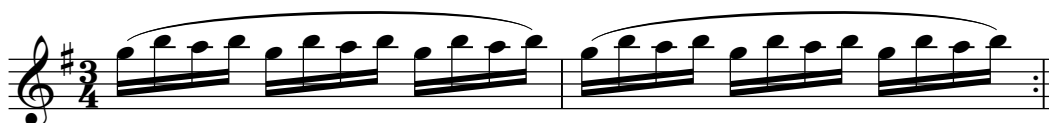
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- 37 -



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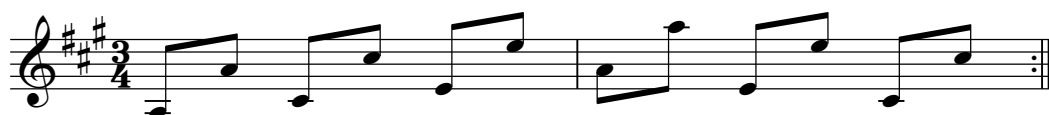
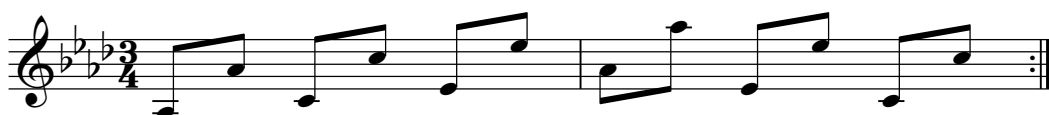
5 minute workout

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5 minute workout

- 39 -



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5 minute workout

- 40 -



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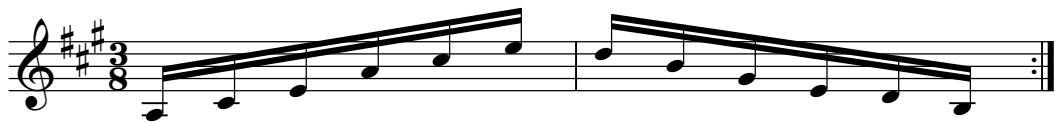


5 minute workout

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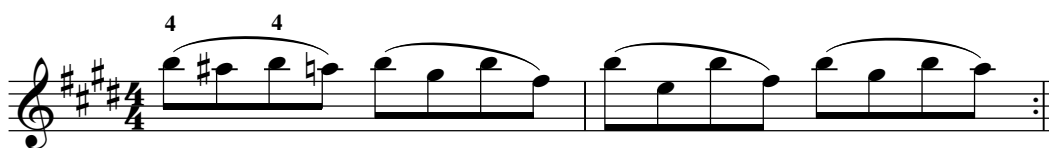
5 minute workout

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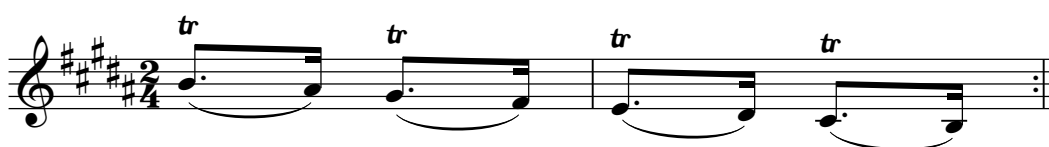
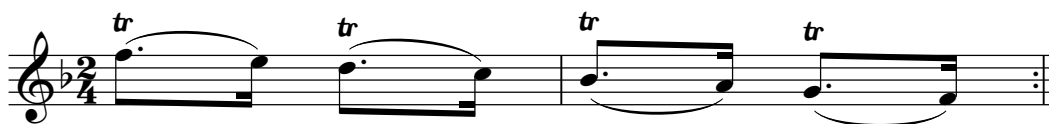
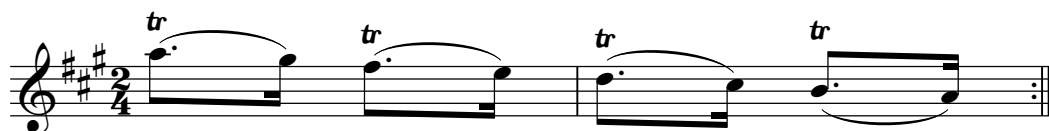
5 minute workout

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5 minute workout

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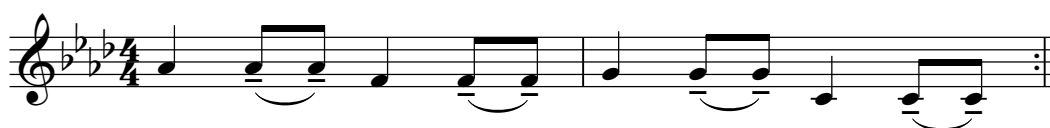
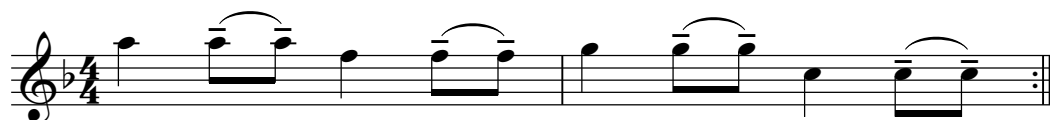
5 minute workout

- 45 -



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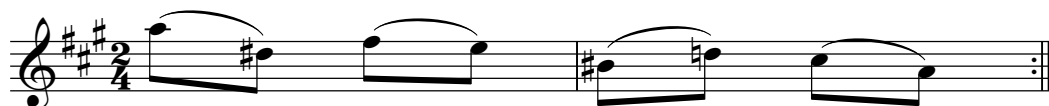
5 minute workout

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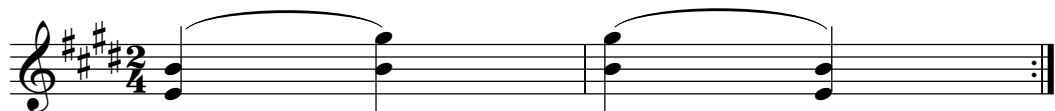
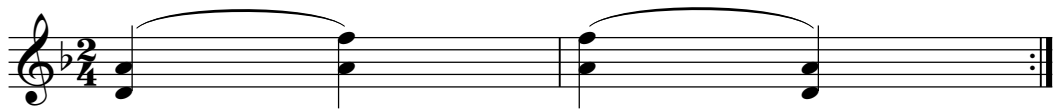
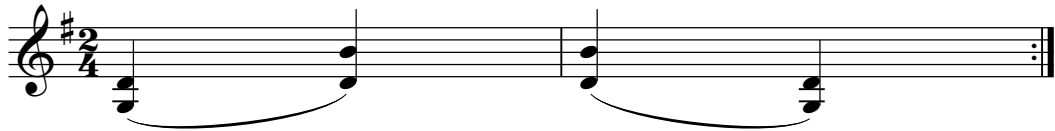
5 minute workout

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5 minute workout

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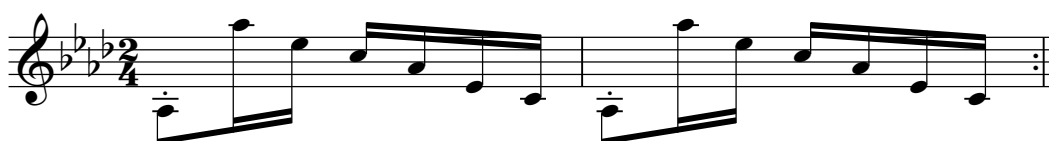
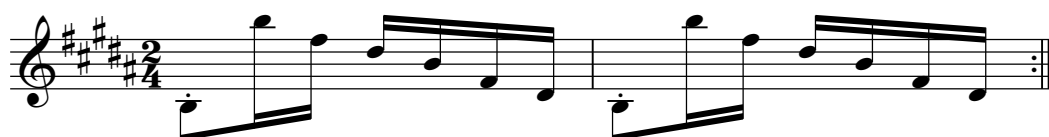
5 minute workout

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5 minute workout
- 50 -



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