

5 minute workout

- 551 -



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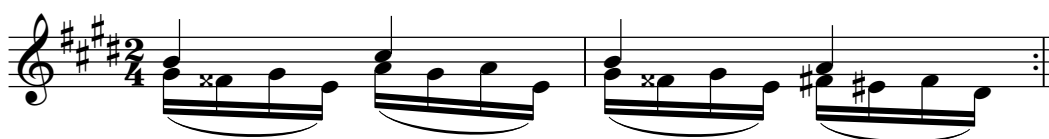
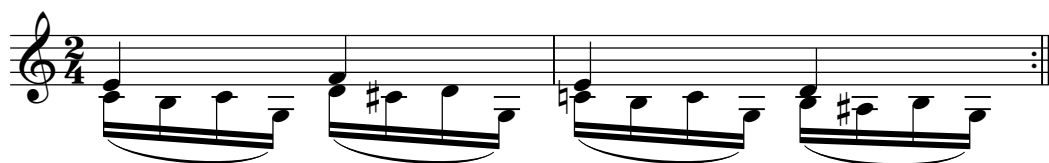
5 minute workout

- 552 -



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5 minute workout

- 553 -



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5 minute workout

- 554 -



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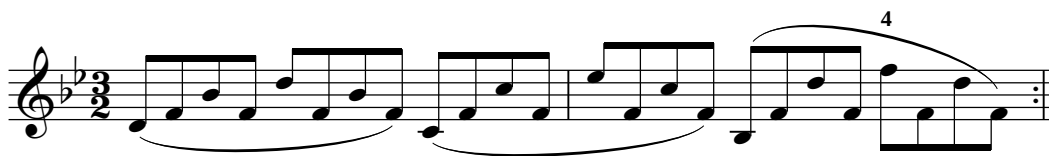
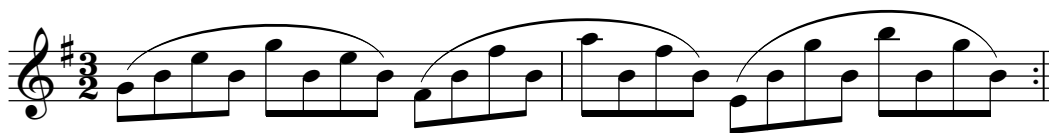
5 minute workout

- 555 -



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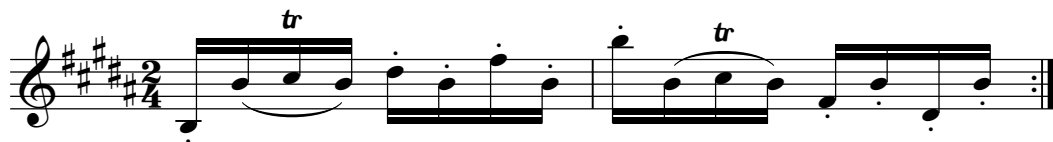
5 minute workout

- 556 -



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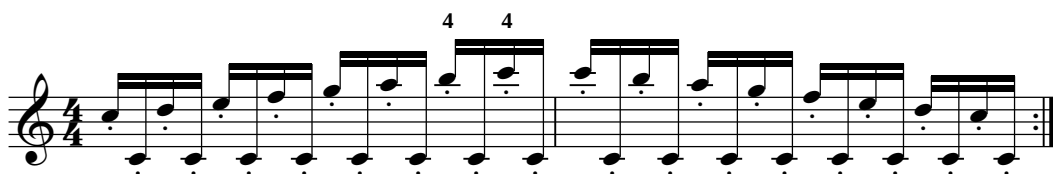
5 minute workout

- 557 -



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5 minute workout

- 558 -



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5 minute workout

- 559 -



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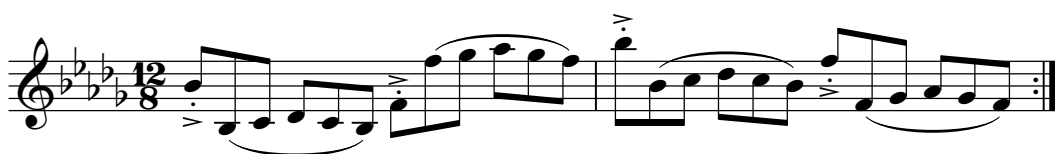
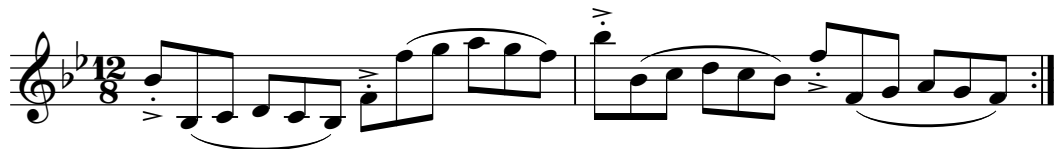
5 minute workout

- 560 -



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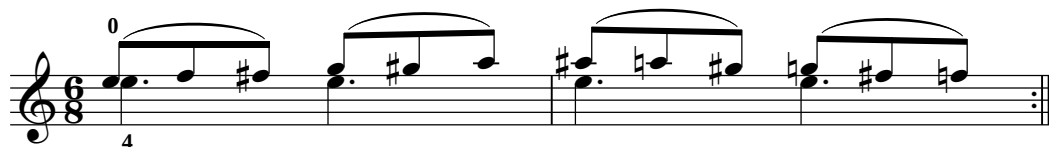
5 minute workout

- 561 -



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5 minute workout

- 562 -



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5 minute workout

- 563 -



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5 minute workout

- 564 -



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5 minute workout

- 565 -



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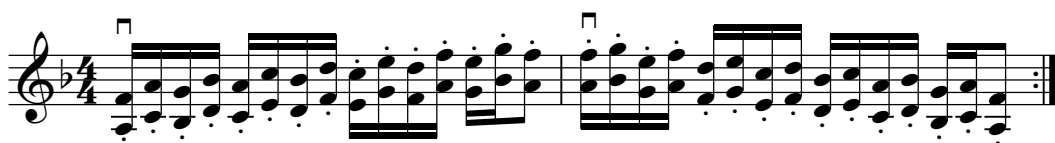
5 minute workout

- 566 -



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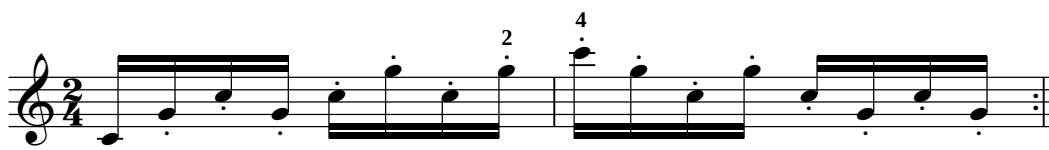
5 minute workout

- 567 -



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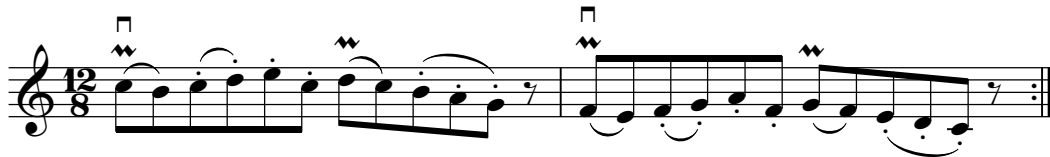
5 minute workout

- 568 -



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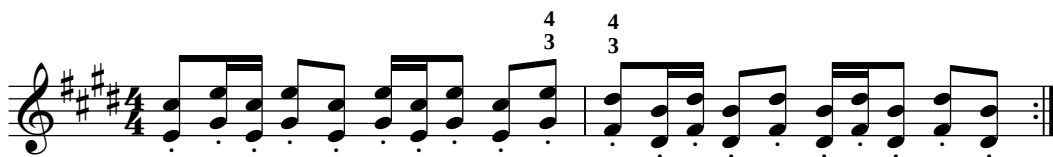
5 minute workout

- 569 -



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5 minute workout

- 570 -



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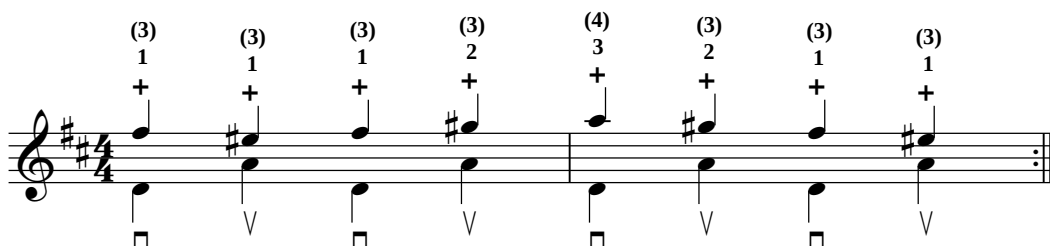
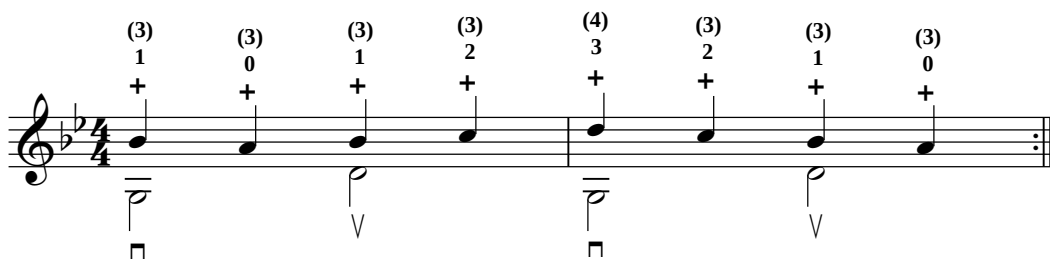
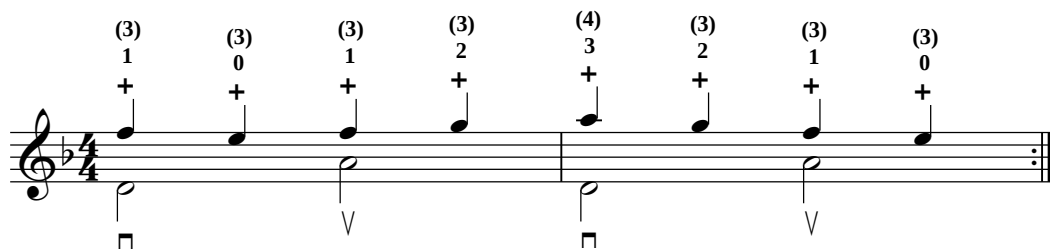
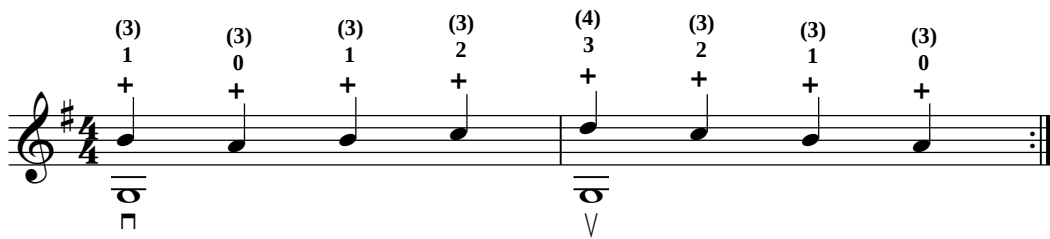
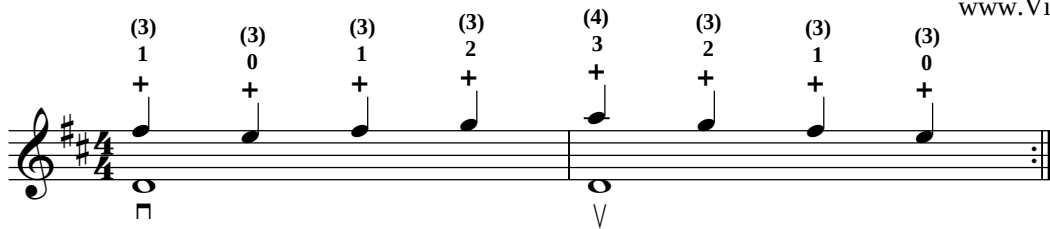
5 minute workout

- 571 -



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5 minute workout

- 572 -



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5 minute workout

- 573 -



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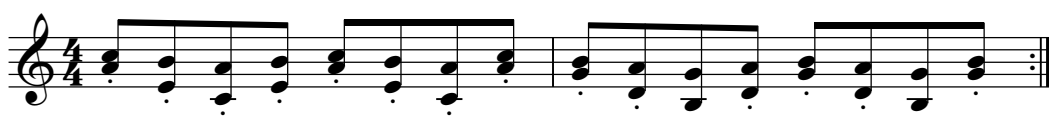
5 minute workout

- 574 -



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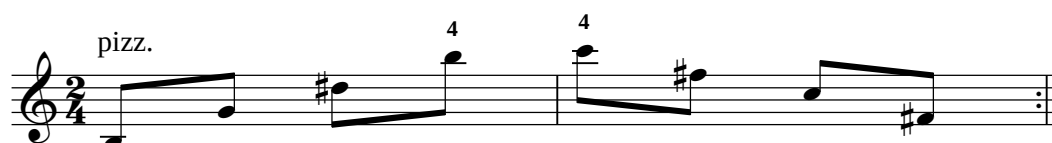
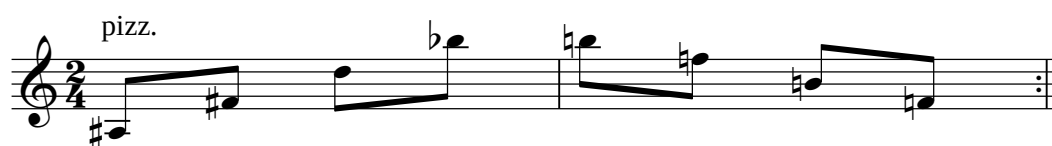
5 minute workout

- 575 -



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5 minute workout

- 576 -



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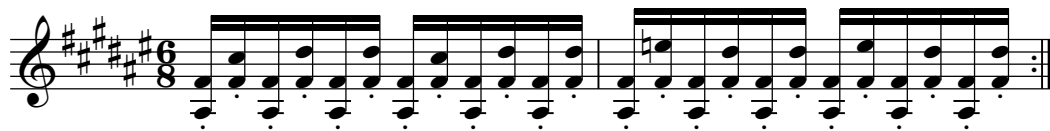
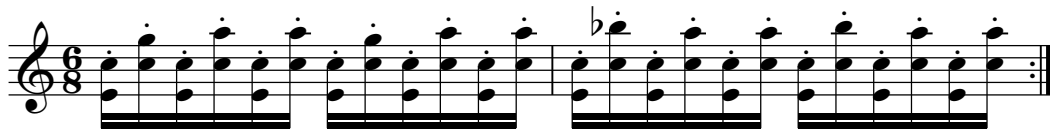
5 minute workout

- 577 -



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5 minute workout

- 578 -



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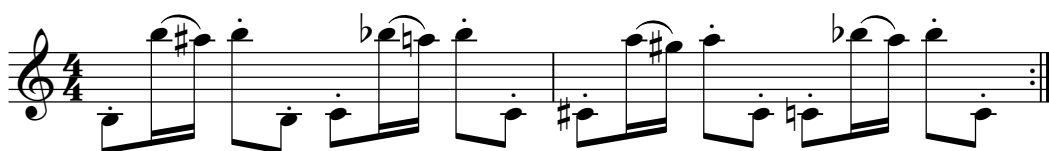
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- 579 -



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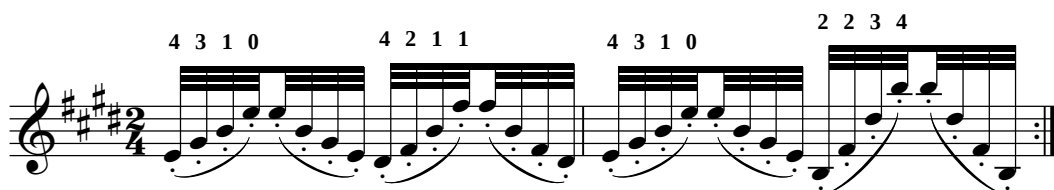
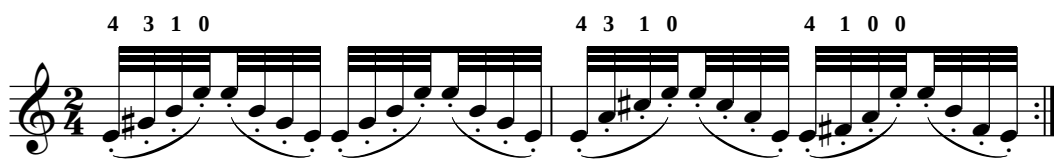
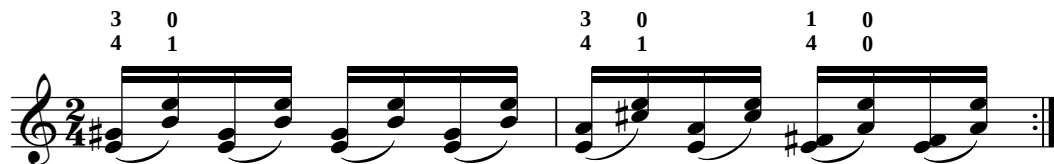
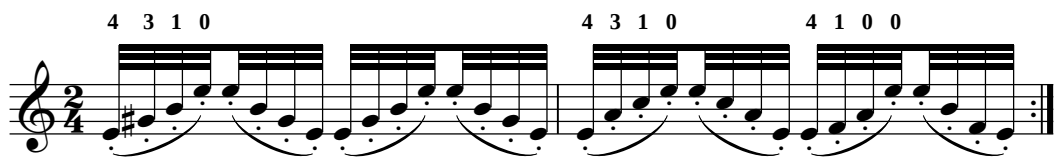
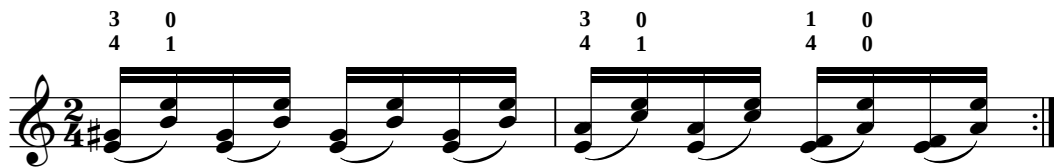
5 minute workout

- 580 -



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5 minute workout

- 581 -



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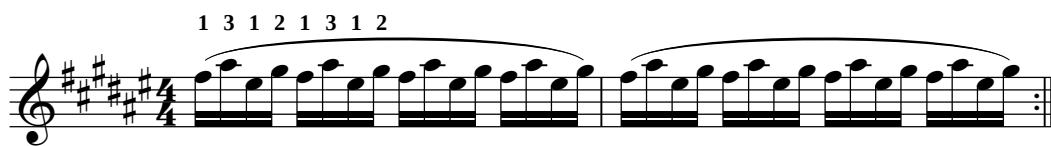
5 minute workout

- 582 -



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5 minute workout

- 583 -



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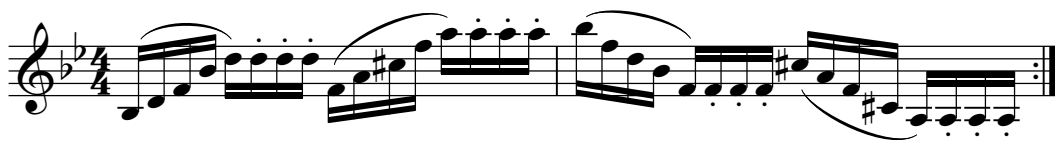
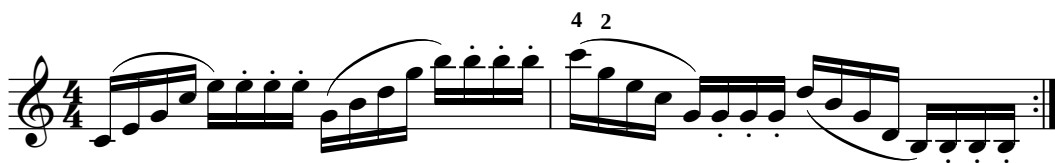
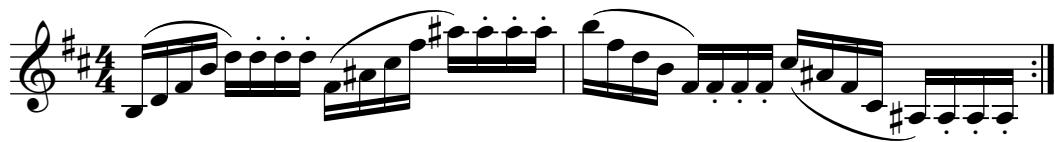
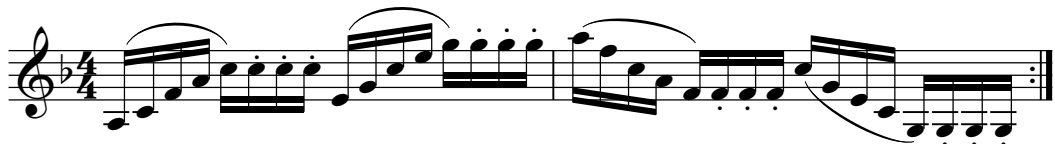
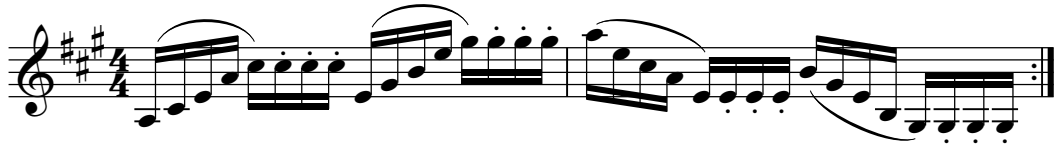
5 minute workout

- 584 -



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5 minute workout

- 585 -



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5 minute workout

- 586 -



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5 minute workout

- 587 -



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5 minute workout

- 588 -



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5 seconds **5 seconds**

□ V

10 seconds **10 seconds**

□ V

20 seconds **20 seconds**

□ V

30 seconds **30 seconds**

□ V

60 seconds! **60 seconds!**

□ V

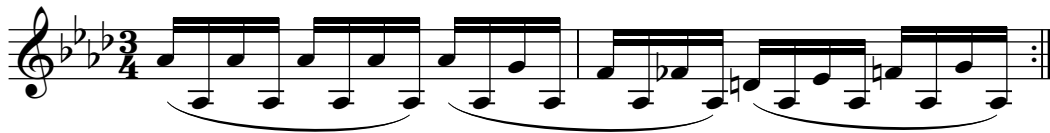
5 minute workout

- 589 -



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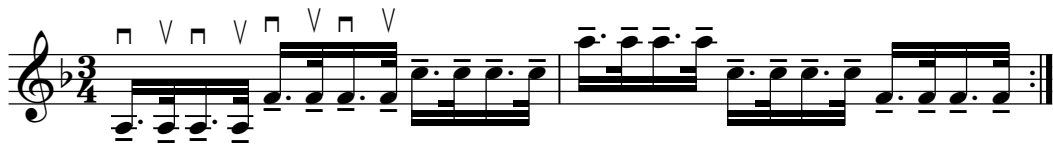
5 minute workout

- 590 -



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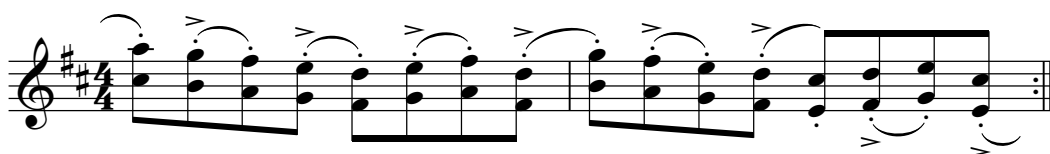
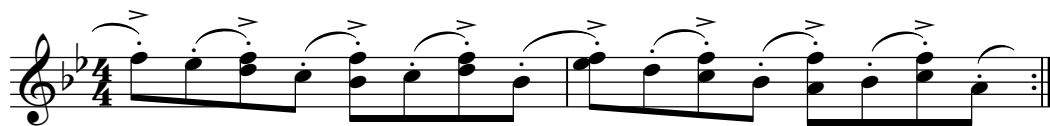
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5 minute workout
- 591 -



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5 minute workout

- 592 -



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5 minute workout

- 593 -



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5 minute workout

- 594 -



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5 minute workout

- 595 -



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5 minute workout

- 596 -



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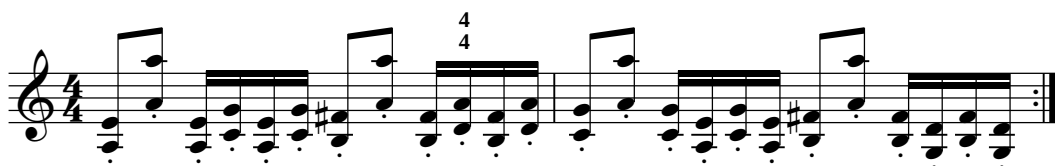
5 minute workout

- 597 -



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5 minute workout

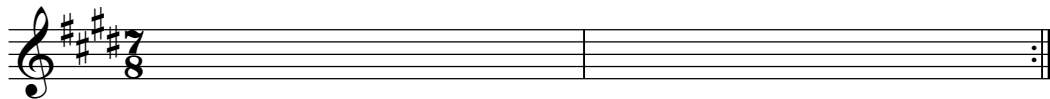
- 598 -



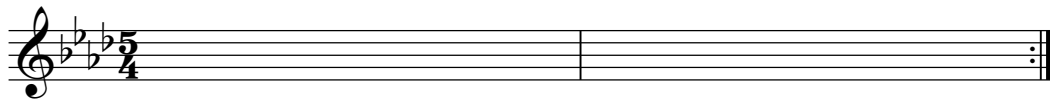
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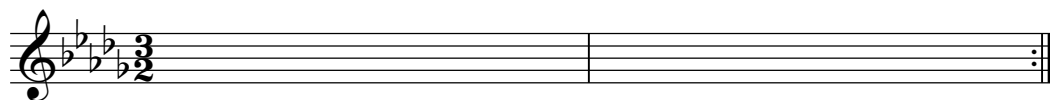
COMPOSE SOMETHING! :)



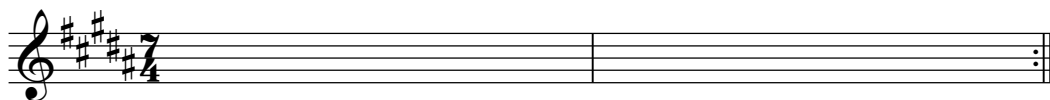
COMPOSE SOMETHING! :)



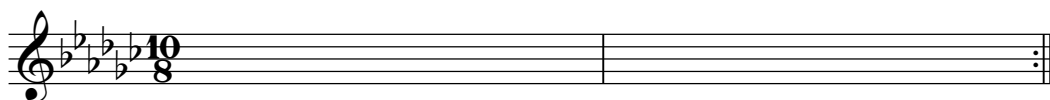
COMPOSE SOMETHING! :)



COMPOSE SOMETHING! :)



COMPOSE SOMETHING! :)



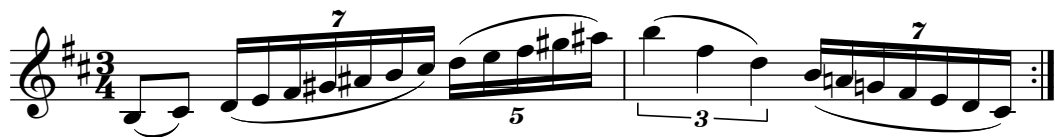
5 minute workout

- 599 -



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5 minute workout

- 600 -



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HAVE A CUP OF TEA!! :)

