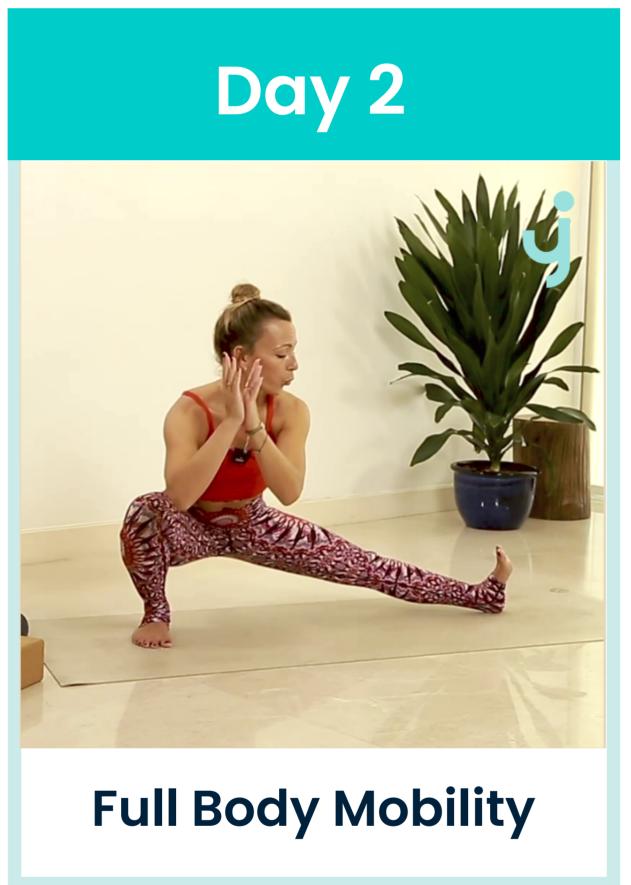
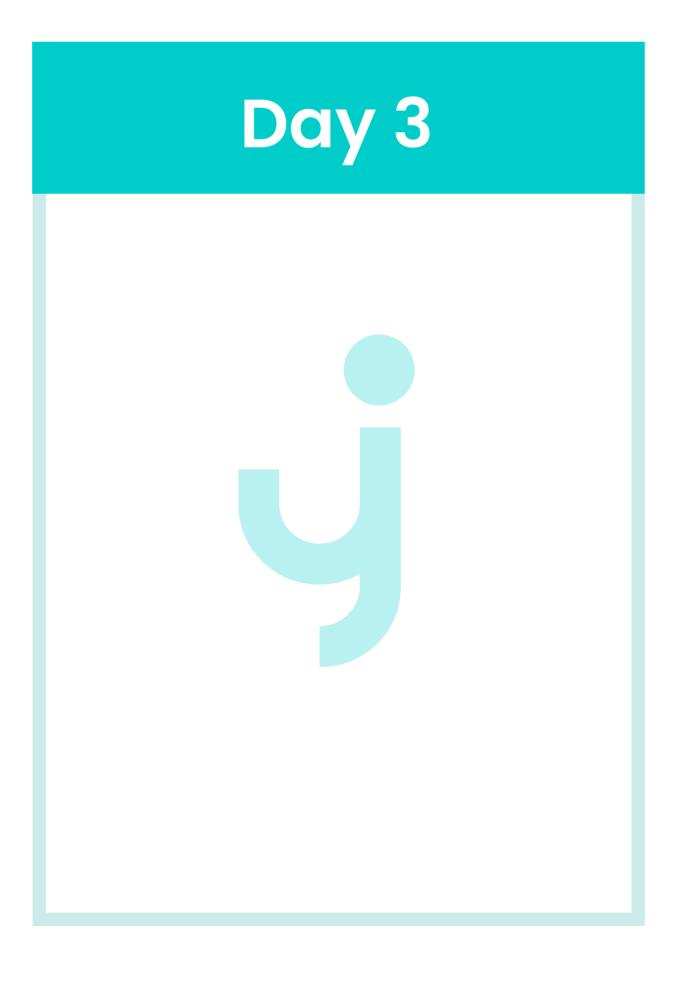


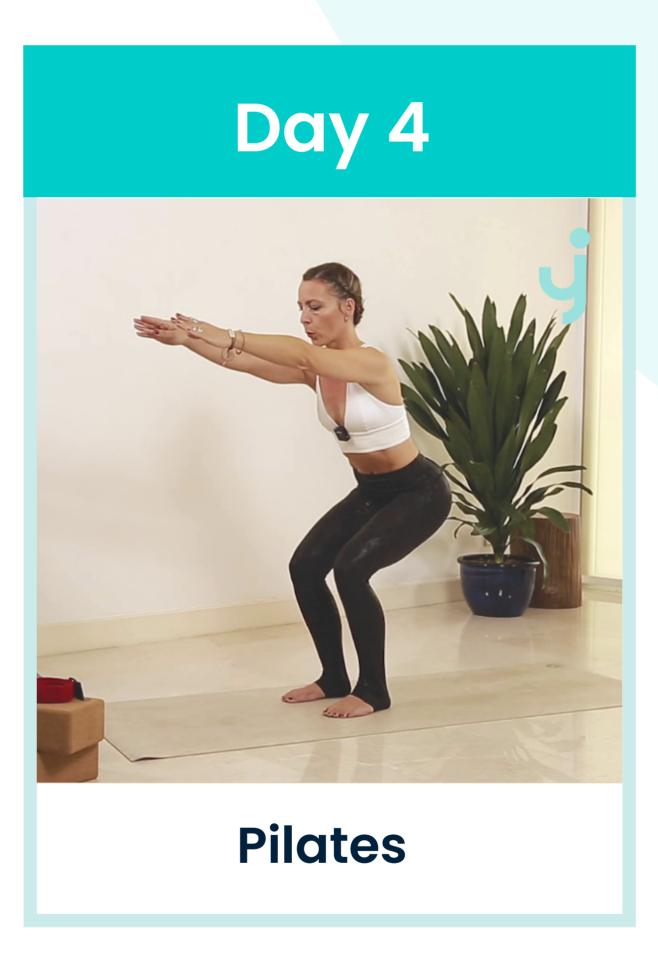
3 DAYS A WEEK PROGRAM

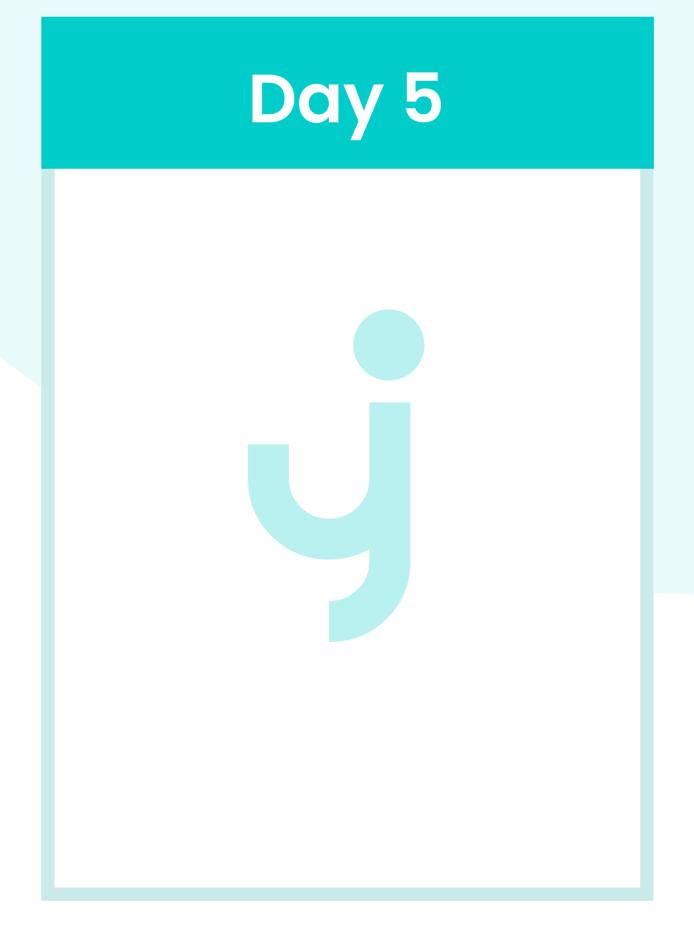
Recommended Weekly Schedule

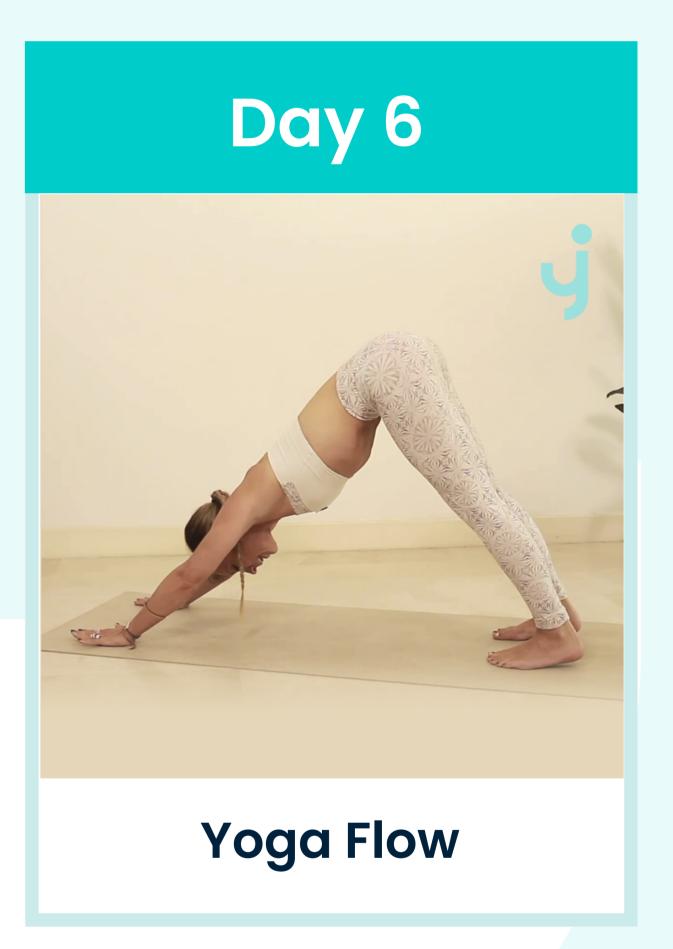












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