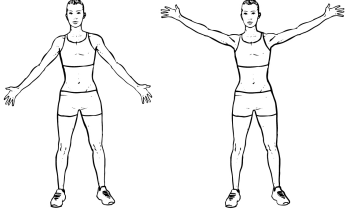
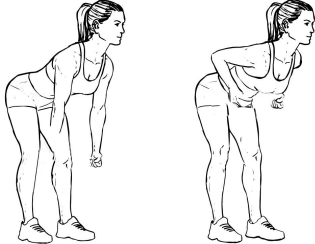
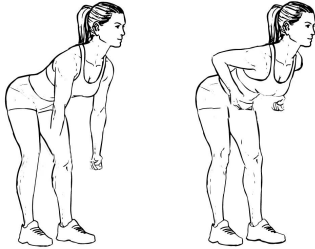
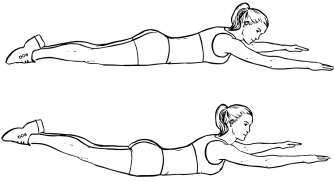
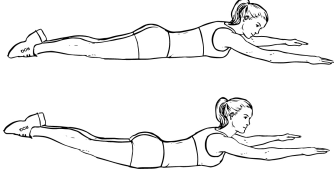


Back Fat Workout

<p>Arm Circles 45 Seconds</p>	
<p>Bentover Rows 45 Seconds</p>	
<p>Bentover Pulses 45 Seconds</p>	
<p>Superman's 45 Seconds</p>	
<p>Back Bow Pulls 45 seconds</p>	 <p>Rest 1 Minute and do 2 Sets</p>
<p>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!! 💖</p>	

A Special Note

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