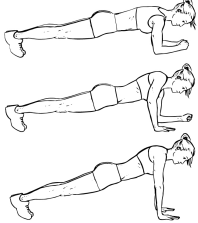

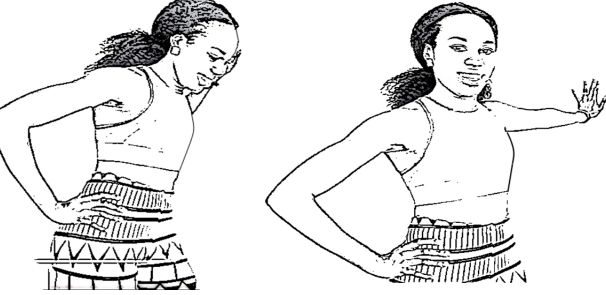
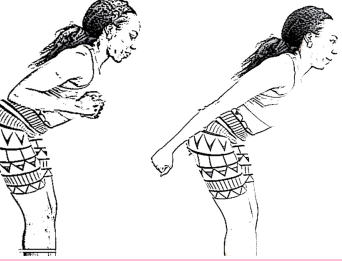




Upper Body Workout

<p>Up and Down Planks 45 Seconds</p>	
<p>Lat Pull Downs 45 Seconds</p>	
<p>Single Arm Pushes* 50 Seconds</p>	 <p>*For the Single Arm pushes, do each arm for roughly 25 seconds each</p>
<p>Bent Over Tricep Extensions 45 Seconds</p>	
<p>Rasie and Punch 45 seconds</p>	
<p>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!! </p>	

A Special Note

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