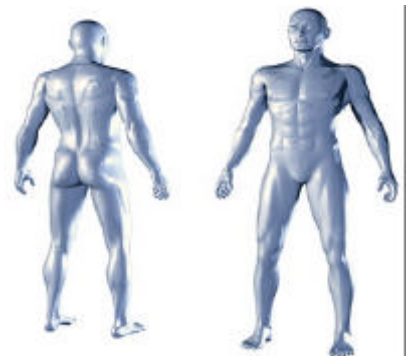


Exercise:	Date:																			
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Areas of focus:

- | | |
|------------|------------|
| Calves | Abdominals |
| Hamstrings | Upper back |
| Quadriceps | Shoulders |
| Hips | Chest |
| Glutes | Neck |
| Lower back | |



Strategy: _____
