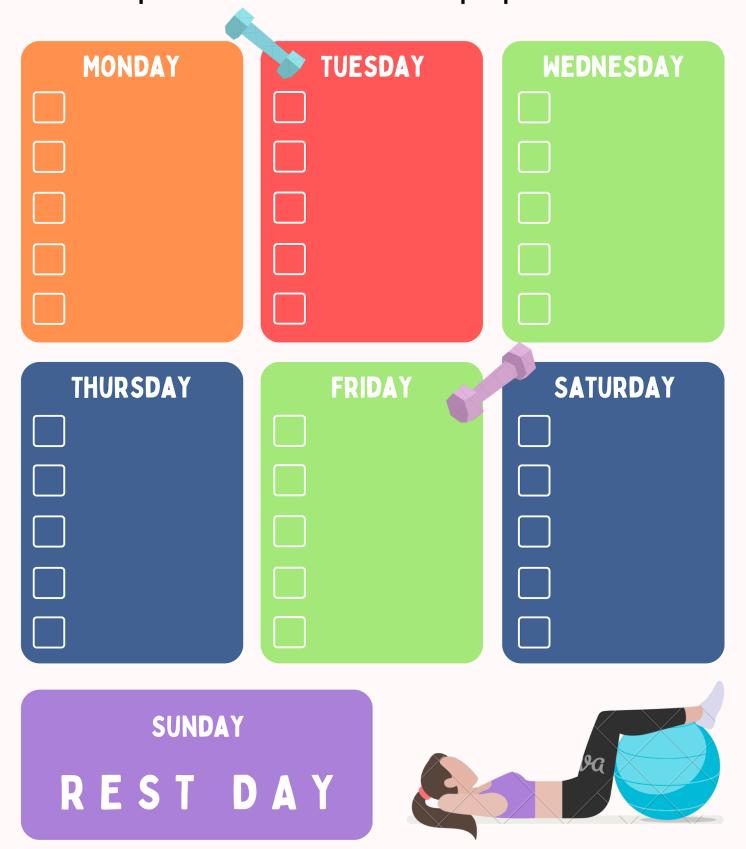
Weekly Workout

Complete 3 sets of 10-12 reps per exercise



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