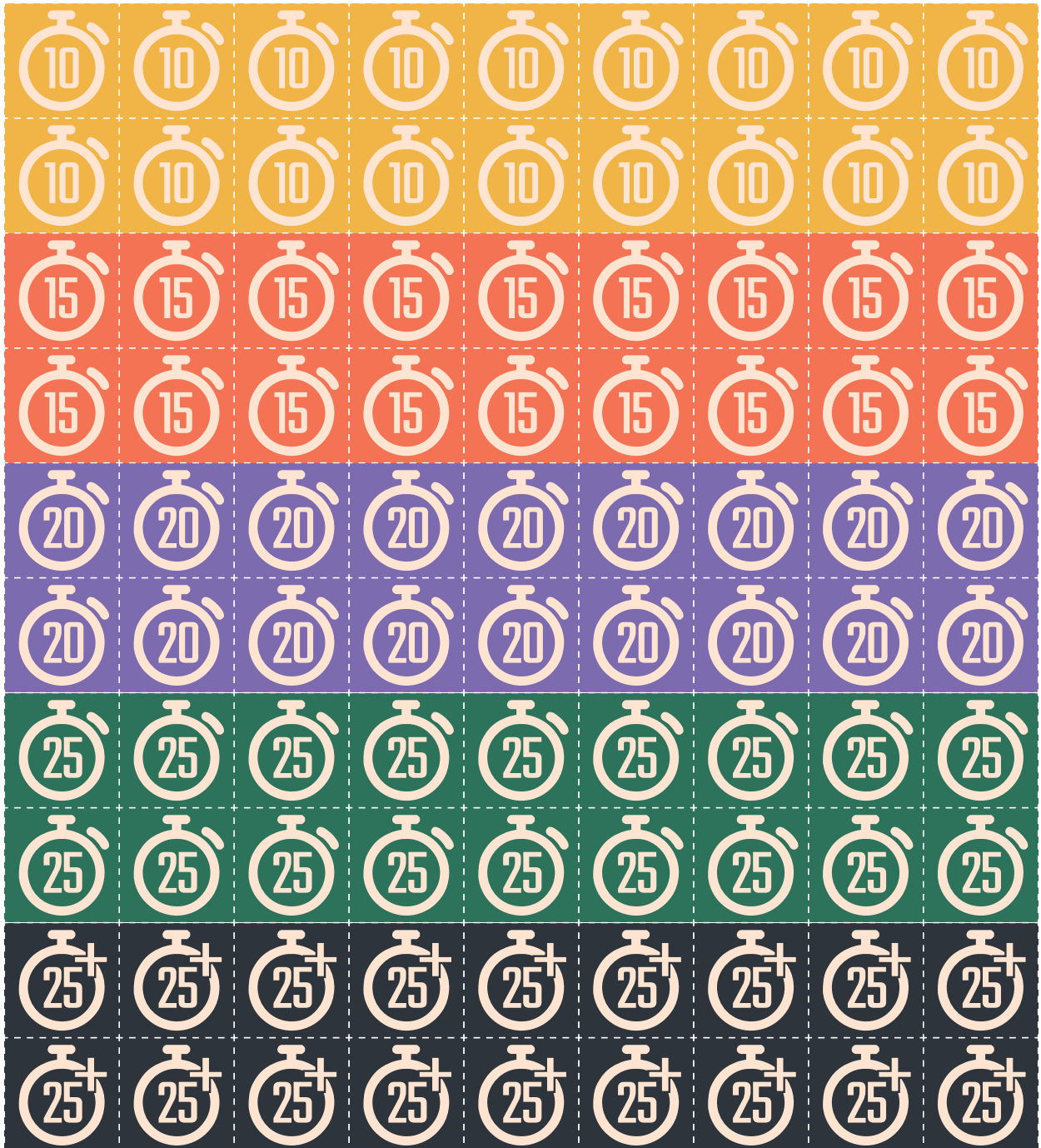


DURATION STICKERS



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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Date:



WORKOUT SCHEDULE

