

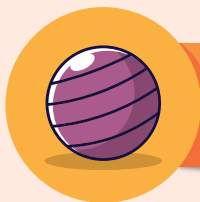
# WORKOUT SCHEDULE

MON TUE WED THU FRI SAT SUN



Healthy meal

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Cardio

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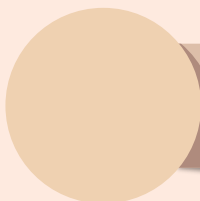
Light workout

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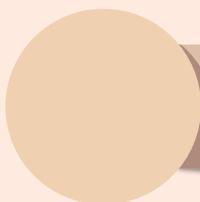


Yoga

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GOALS :

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