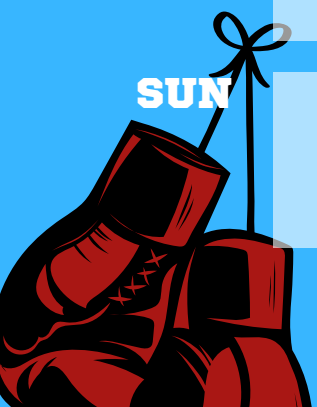
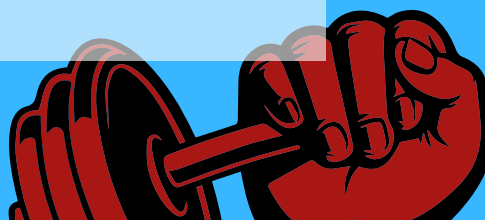
DAILY WORKOUT ACTIVITY

Week :

	WHAT TO DO	WHEN	REPETITION
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN