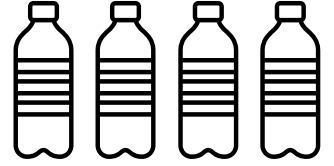


SLAY
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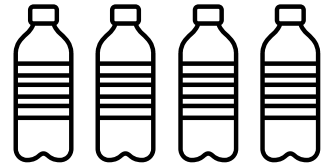
Weekly workouts



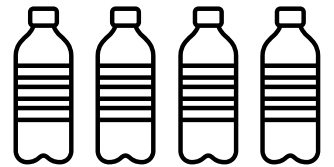
MONDAY



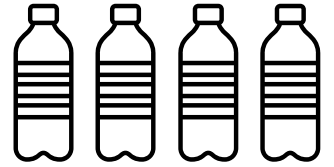
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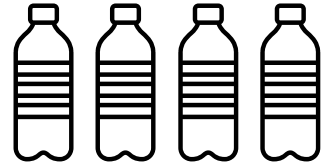
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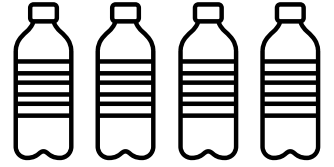
THURSDAY



FRIDAY



SATURDAY



SUNDAY



stay positive

SLAY
SLAY
SLAY

Weekly workouts



MONDAY



TUESDAY



WEDNESDAY



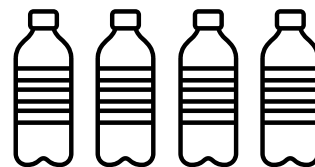
THURSDAY



FRIDAY



SATURDAY



SUNDAY



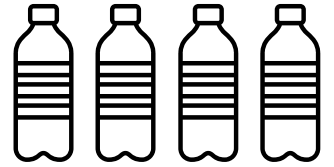
stay positive

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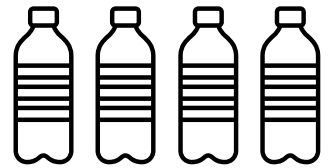
Weekly workouts



MONDAY



TUESDAY



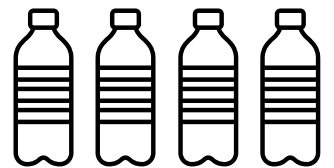
WEDNESDAY



THURSDAY



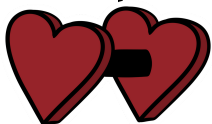
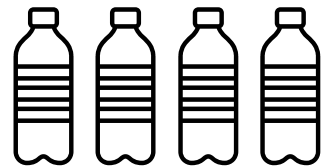
FRIDAY



SATURDAY



SUNDAY



stay positive

SLAY
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SLAY

Weekly workouts



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



stay positive

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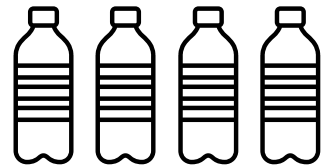
Weekly workouts



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



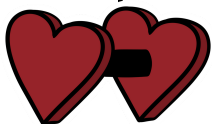
FRIDAY



SATURDAY



SUNDAY



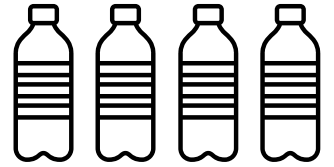
stay positive

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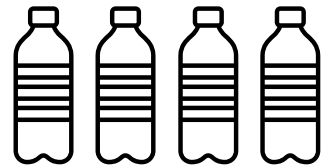
Weekly workouts



MONDAY



TUESDAY



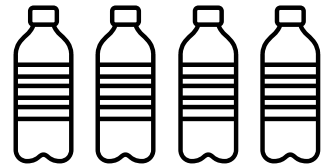
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



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