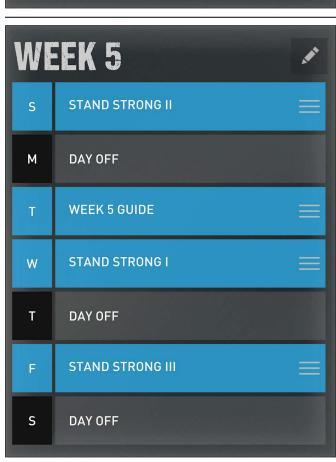
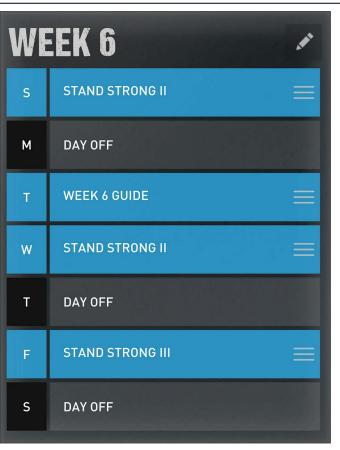


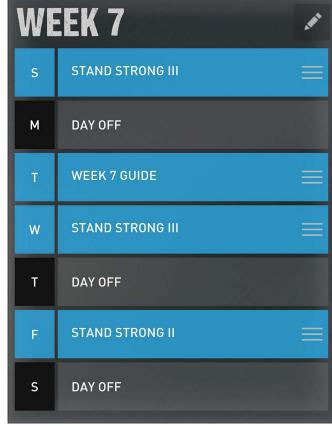
WEEK 2			
S	STAND STRONG I		
М	DAY OFF		
Т	WEEK 2 GUIDE		
W	D.D. STAND STRONG		
т	DAY OFF		
F	STAND STRONG I		
S	DAY OFF		

WE	EEK 3	A PART
S	STAND STRONG I	
М	DAY OFF	
Т	WEEK 3 GUIDE	
W	STAND STRONG II	
Т	DAY OFF	
F	STAND STRONG II	
S	DAY OFF	

WE	EK4
S	STAND STRONG II
М	DAY OFF
Т	WEEK 4 GUIDE
W	STAND STRONG II
т	DAY OFF
F	STAND STRONG I
S	DAY OFF







	WE	EK 8	
	S	STAND STRONG IV	
	М	DAY OFF	
	Т	WEEK 8 GUIDE	
		CHAIR WARRIOR WITH JAKE	
	W	STAND STRONG I	
	Т	DAY OFF	
	F	STAND STRONG III	
	S	DAY OFF	
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