EXERCISE CHECK-LIST



- [ ] EXERCISE GYM ENDURANCE
- [ ] STRENGTH FLEXIBILITY YOGA
- [ ] AEROBIC STRETCH BALANCE
- [ ] PILATES WORKOUT HEART
- [ ] CHEST ABS CARDIO BICEPS
- [ ] ABDOMEN FITNESS LIFESTYLE
- [ ] INTENCE VIGOROUS JUMP
- [ ] CRUNCH SQUAT ROUTINE
- [ ] REGIME TAICHI WILLPOWER
- [ ] HEALTH WEIGHT WEIGHT
- [ ] TRAINING

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