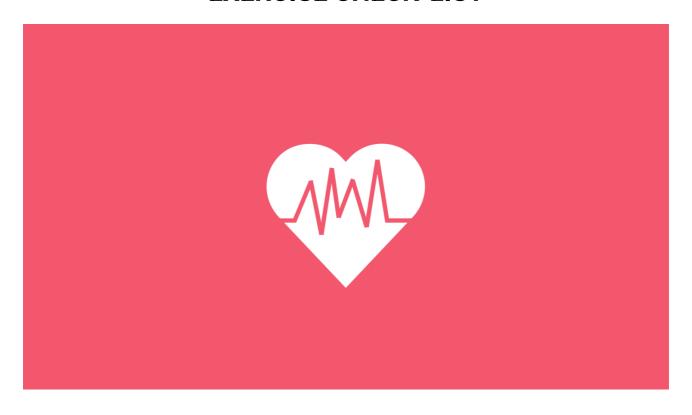
EXERCISE CHECK-LIST



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