Beginner



FITNESS PROGRAM











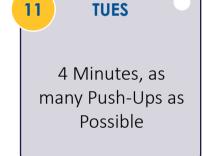


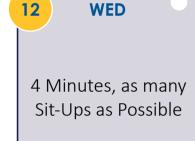


















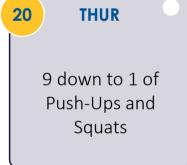






TUES



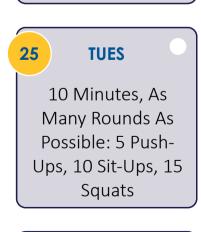












| 26 WED |
|---|
| Walk 1000m, carrying 8kg in each hand |





