



No More than 24!

GET FIT IN 24 MINUTES PER DAY OR LESS!

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SUNDAY



+



MONDAY



+



TUESDAY



+



WEDNESDAY

REST DAY

THURSDAY



+



FRIDAY



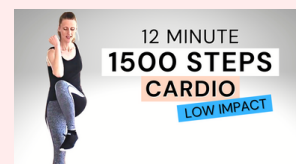
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SATURDAY



+



ENRICH YOUR LIFE FITNESS



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