
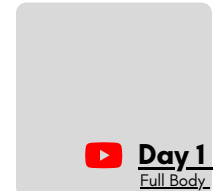
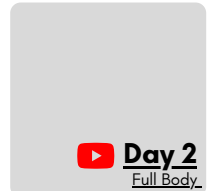



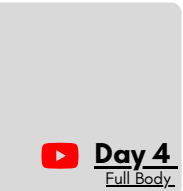

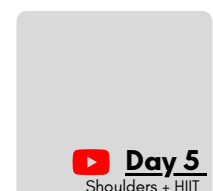
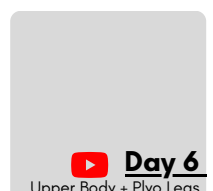

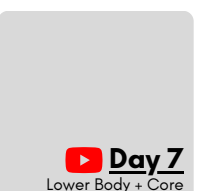
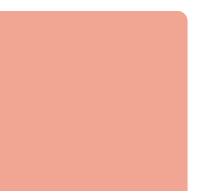
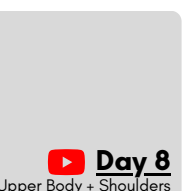
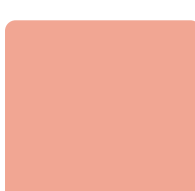
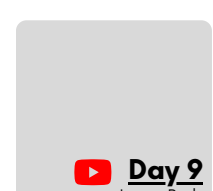

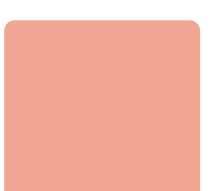
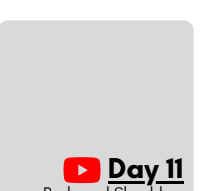

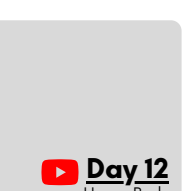
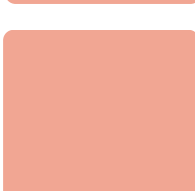
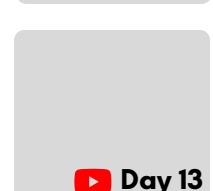
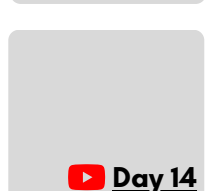
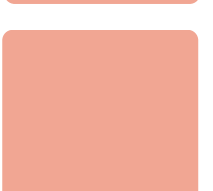
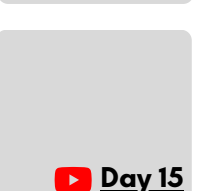
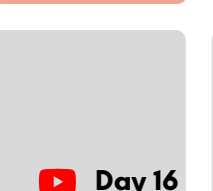
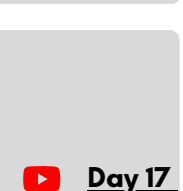


FALL SERIES

 Date : September 2022


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						

 4 week series

 30 minutes long

 Minimal equipment : dumbbells, bench or chair and loop band

Every week is different. A good full 30 minutes of hard work and sweat!

 *The timer varies from 40 to 15 sec. depending on the workout, or even the exercise.*