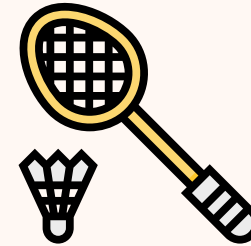


EXERCISE IDEAS

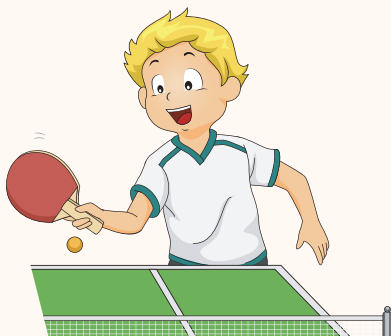
Try to do 60 minutes
(1 hour) every day



Hoppin'



GOOD WORK!



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