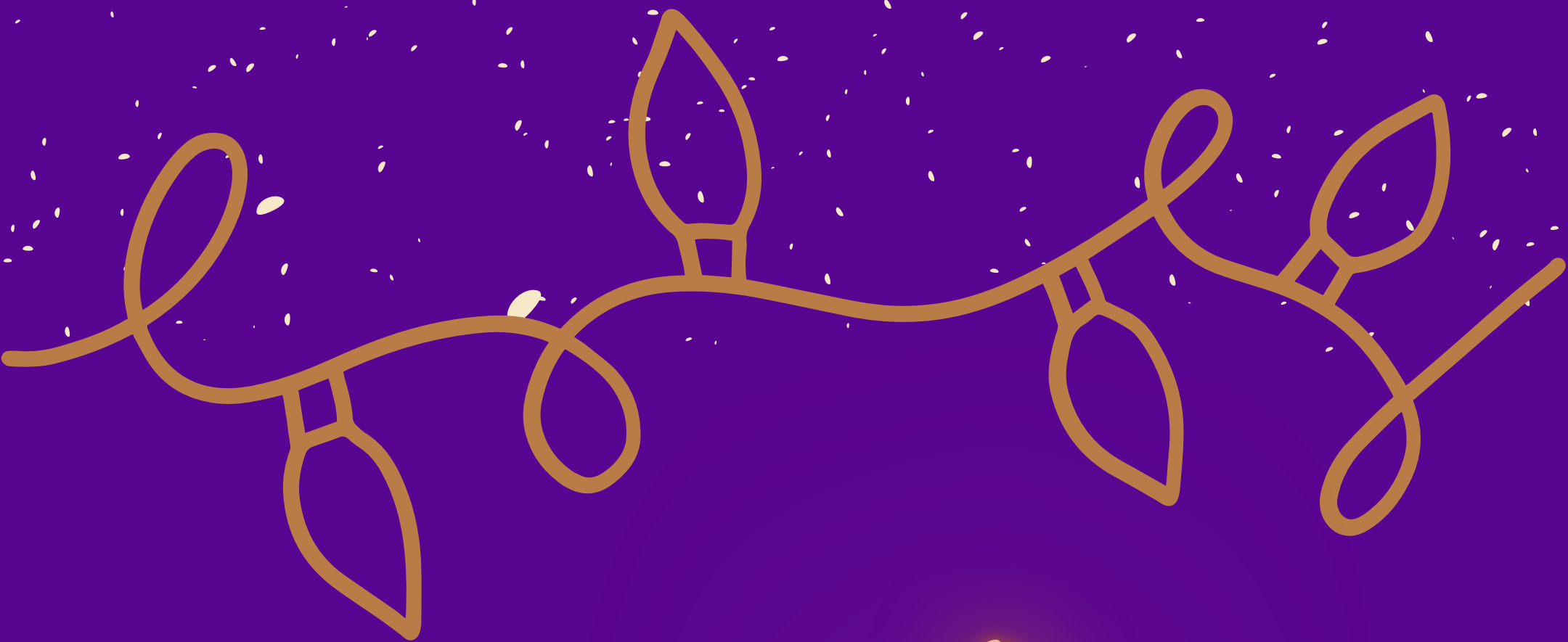






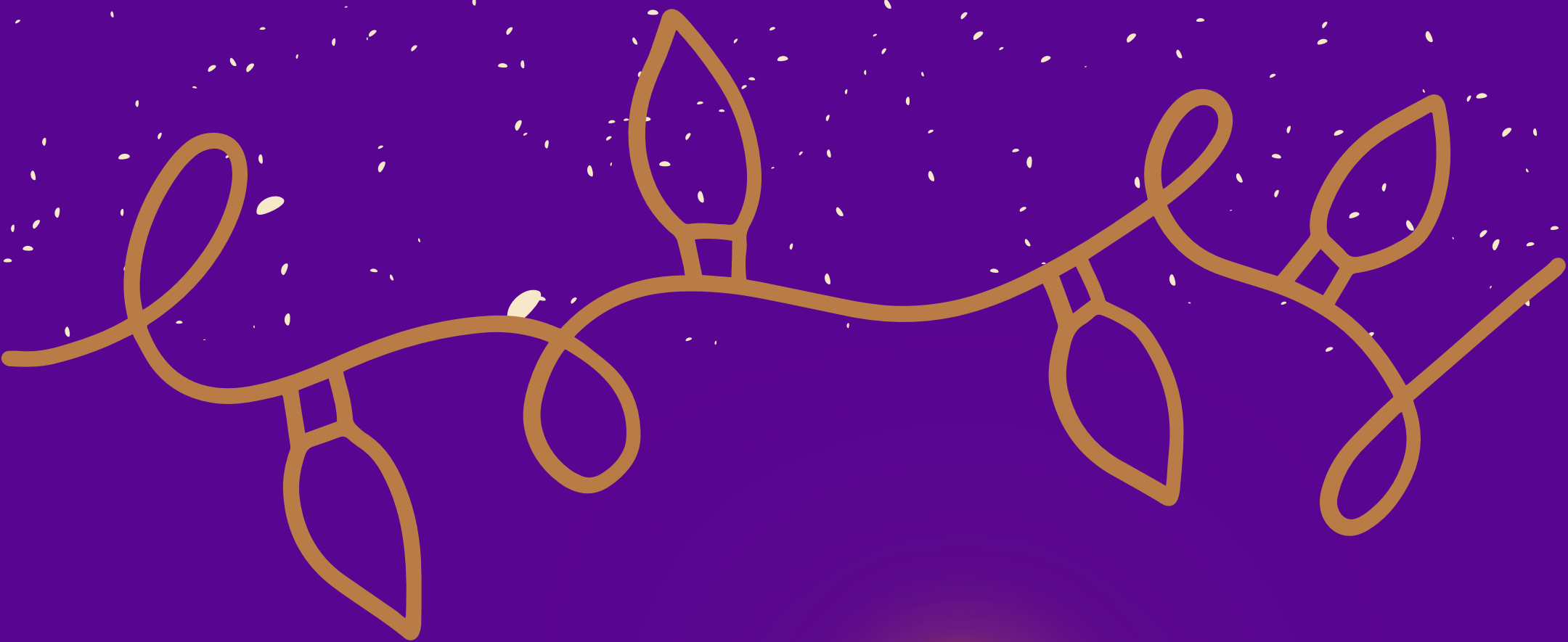


Day

1

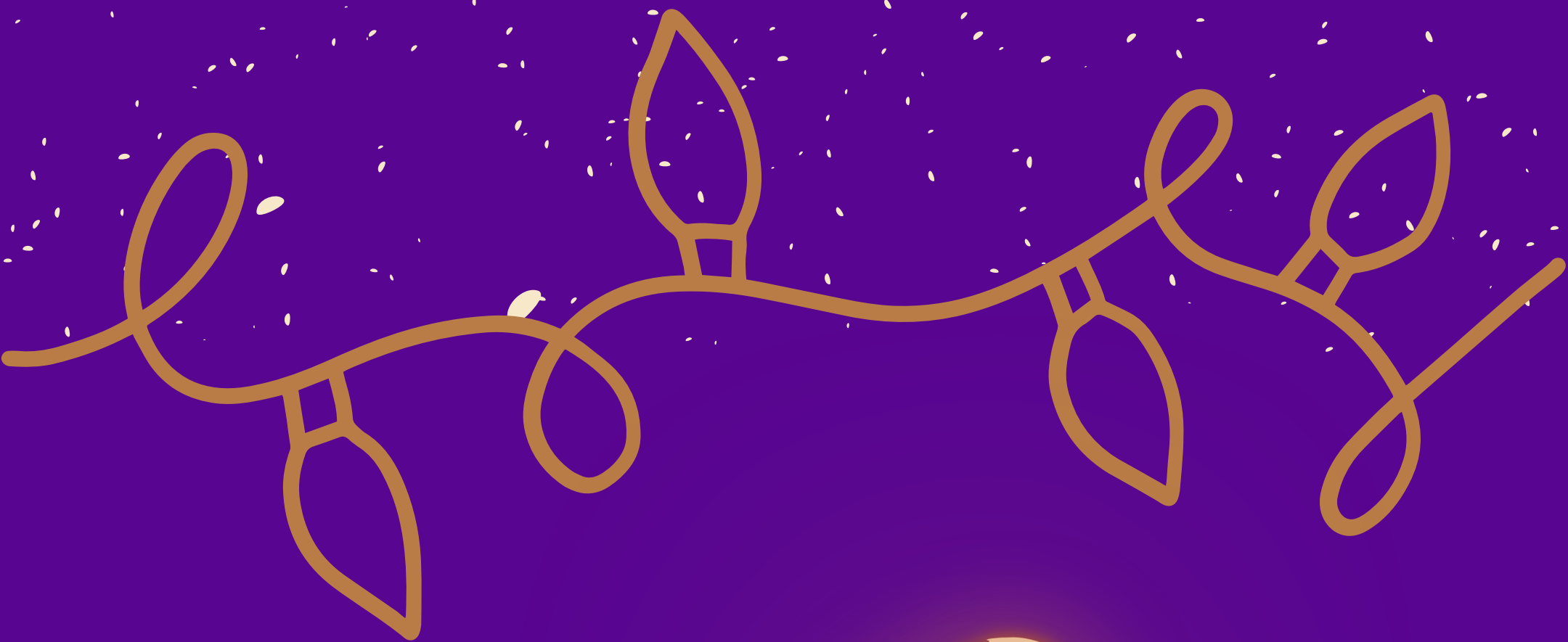
Rep





Day 2 Reps

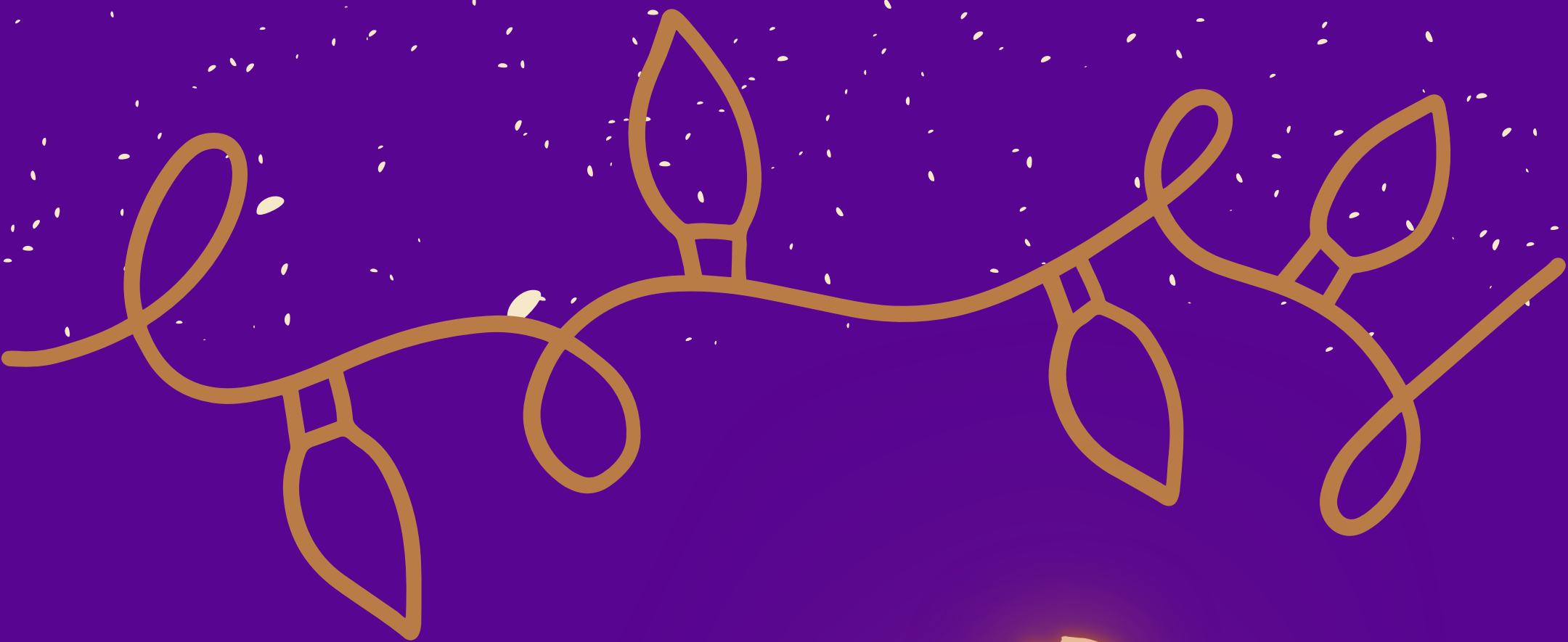




Day **3**



Reps

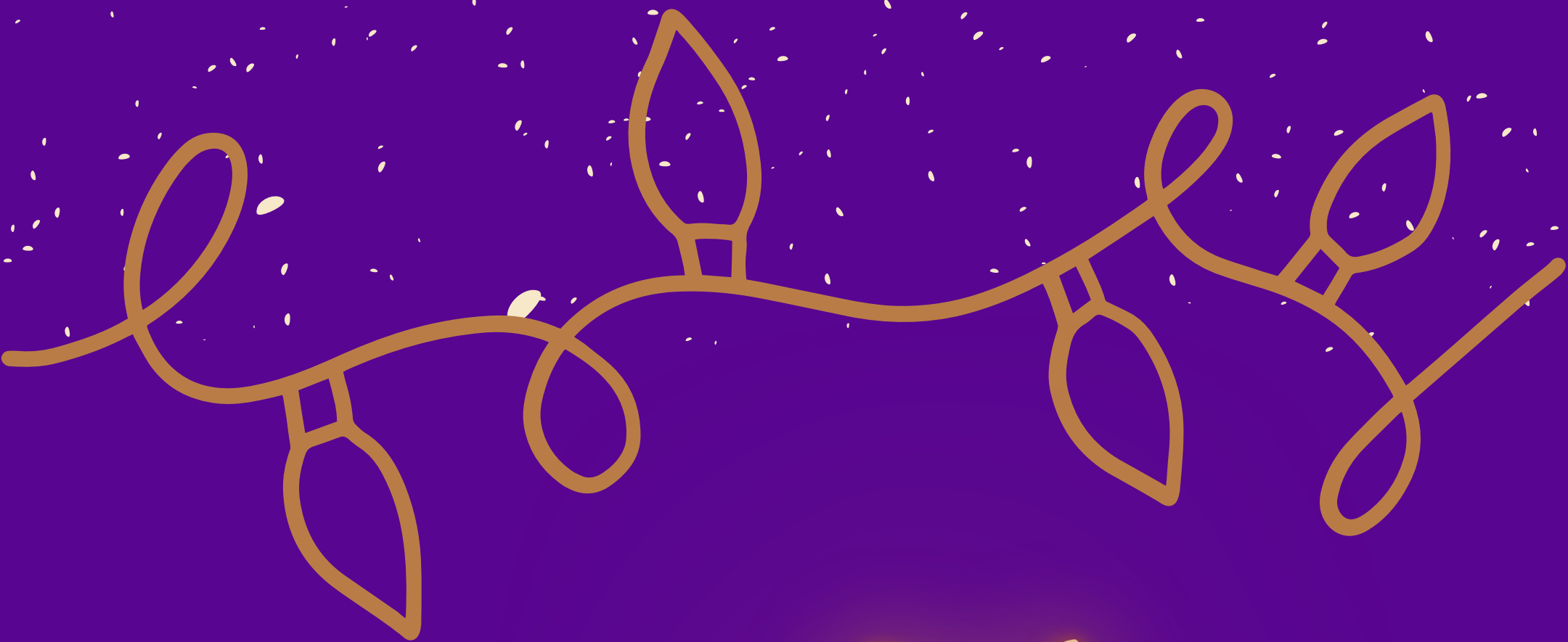


Day

4

Reps



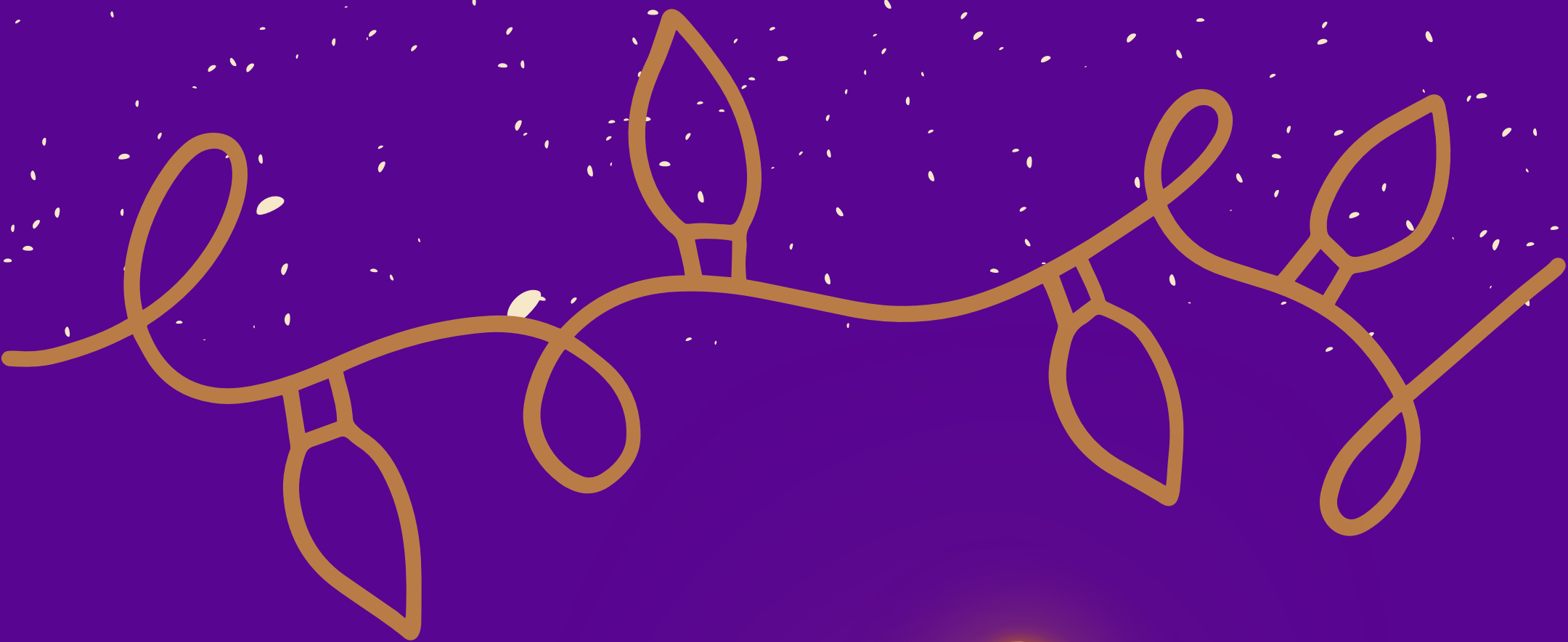


Day



Reps



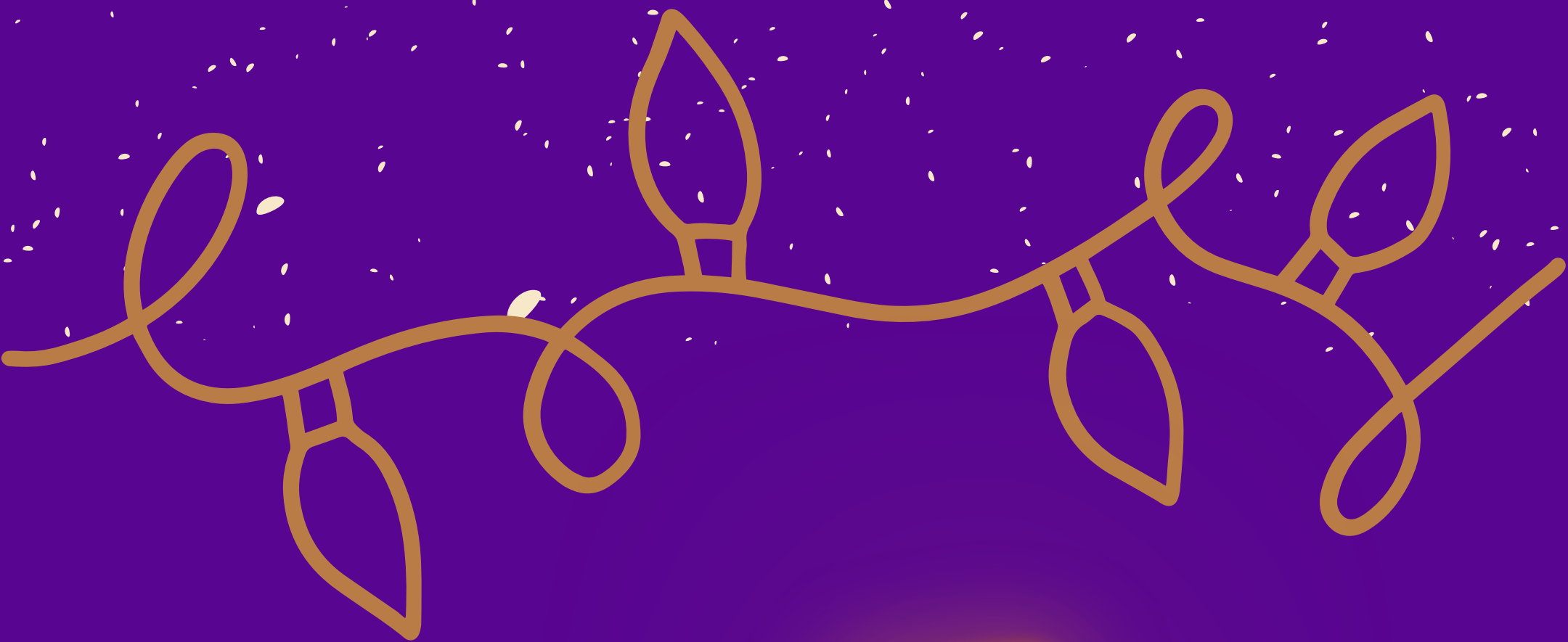


Day

6

Reps





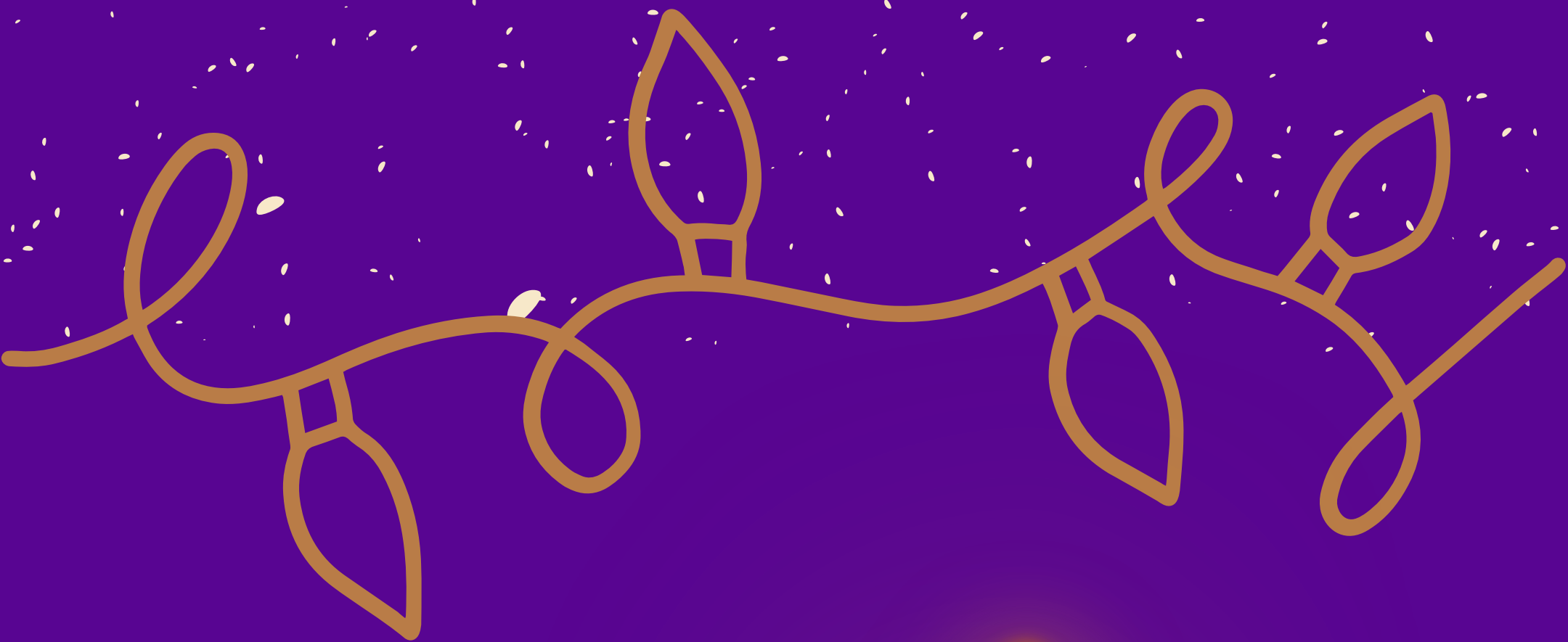
Day

7

Reps



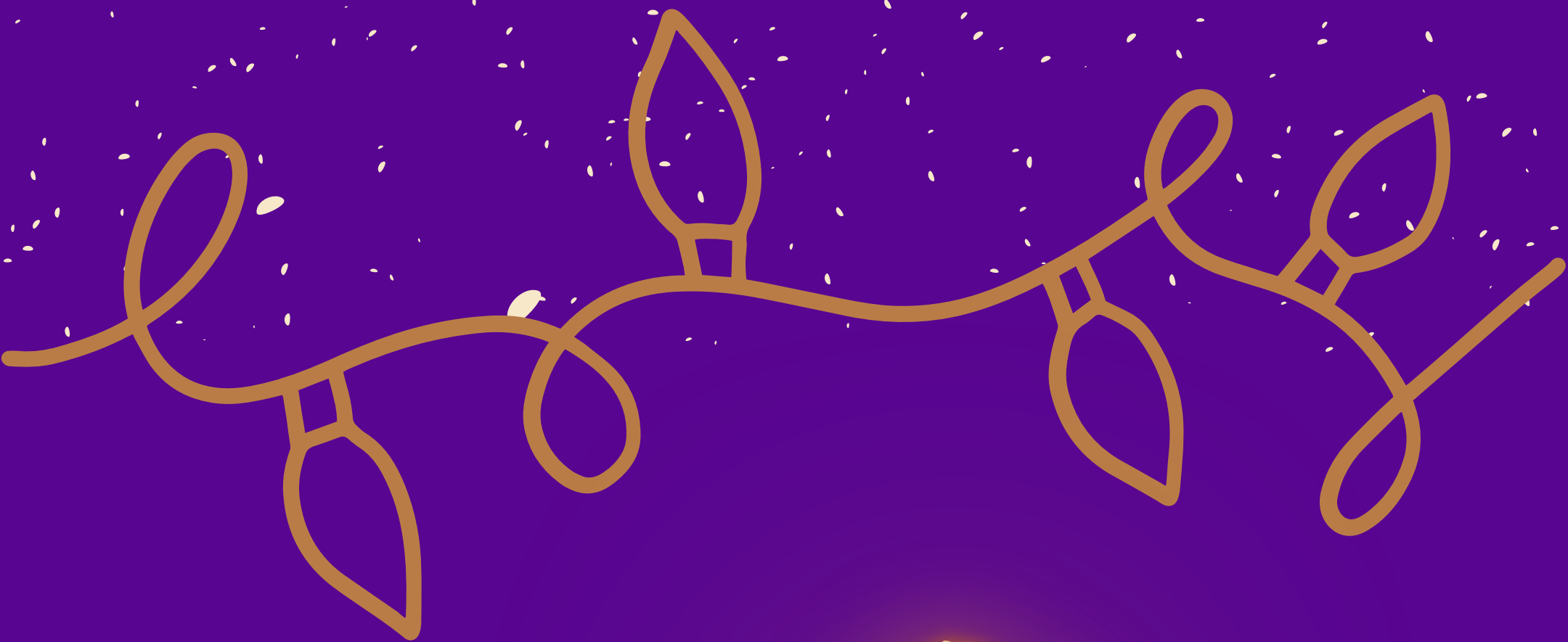
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Day



Reps

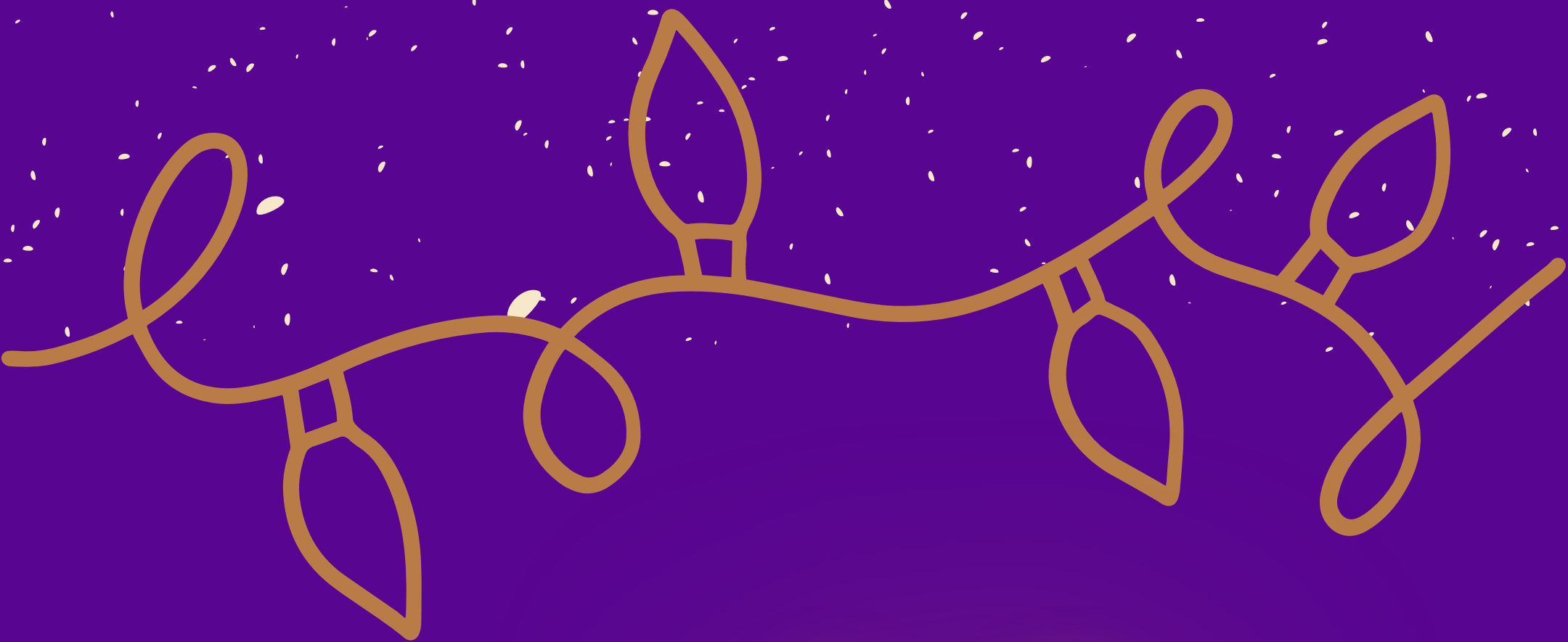


Day

9

Reps

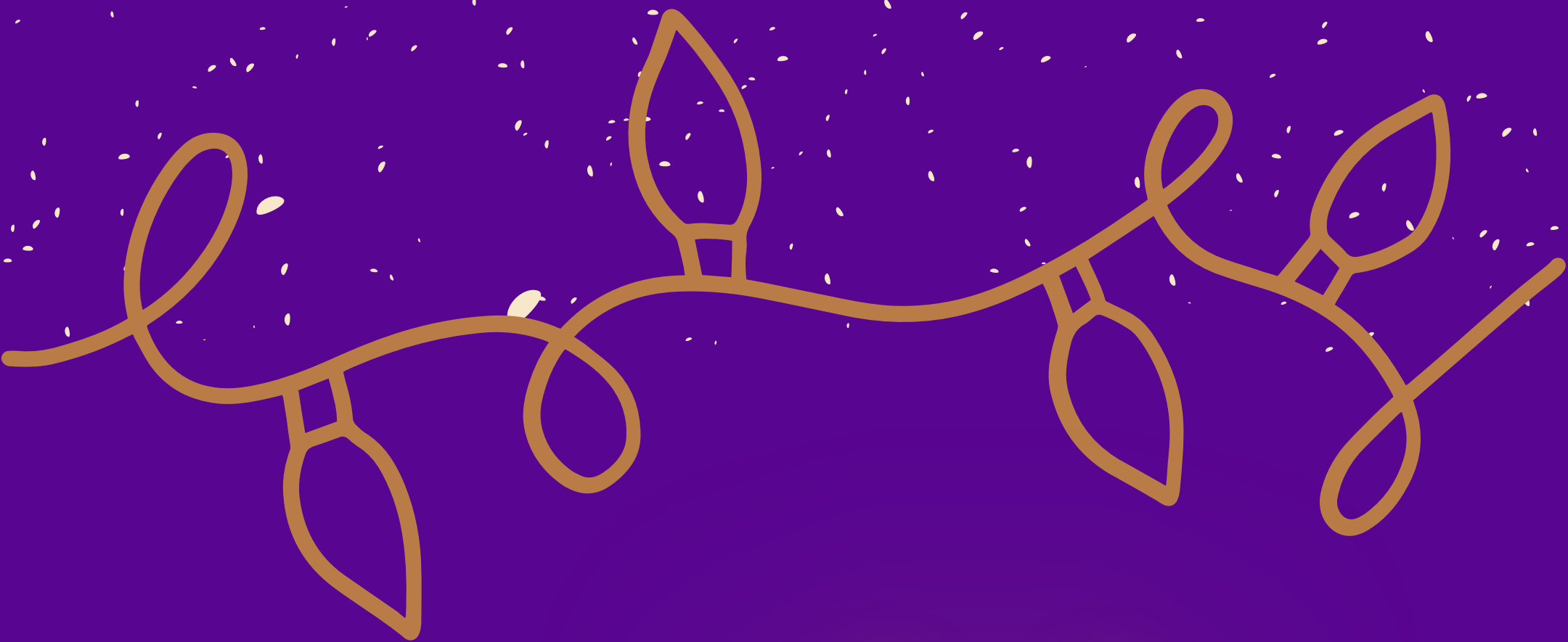




Day 10

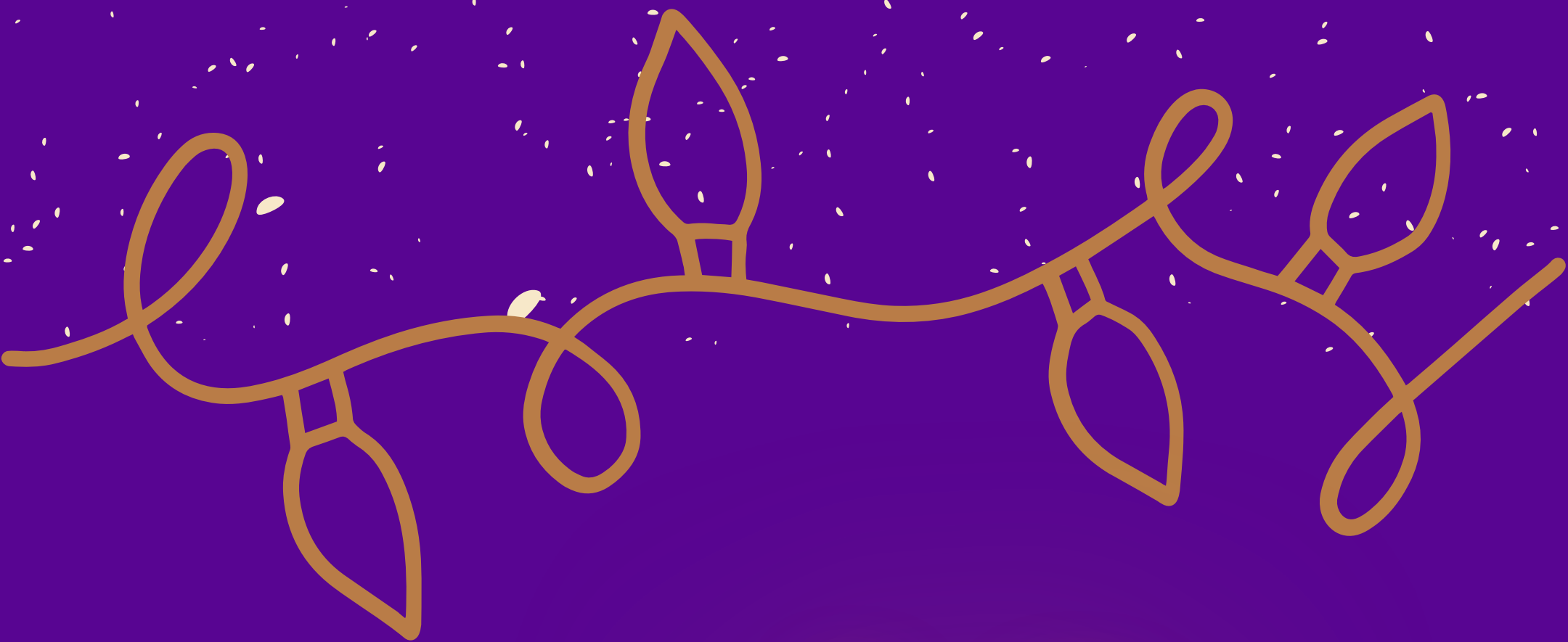
Reps





Day **11** Reps





Day 12

Reps





1 of each

2 of each

All the way up to...

12 of each



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MERRY
Christmas

