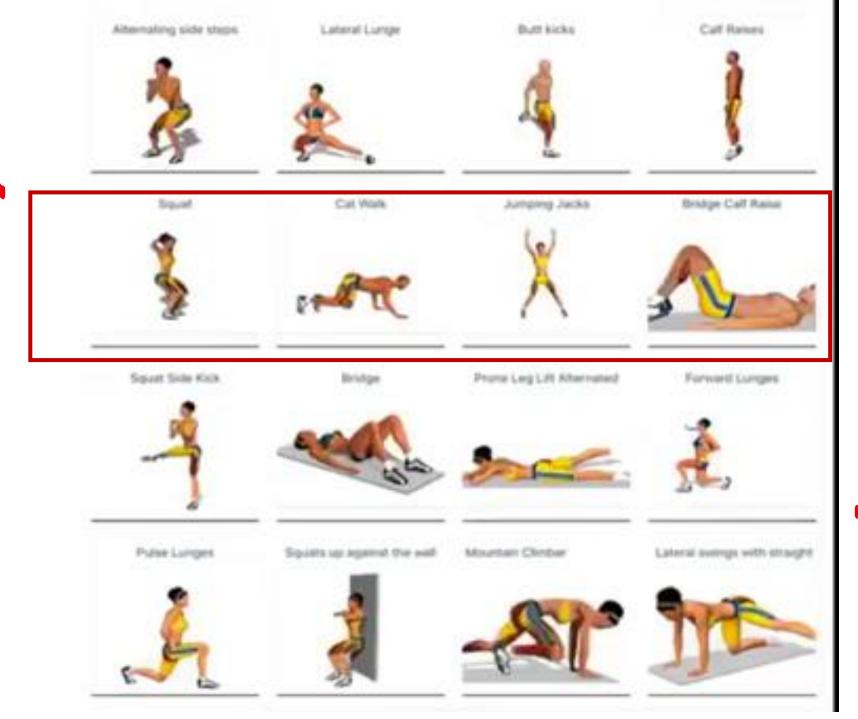
int Ptic RUNNING



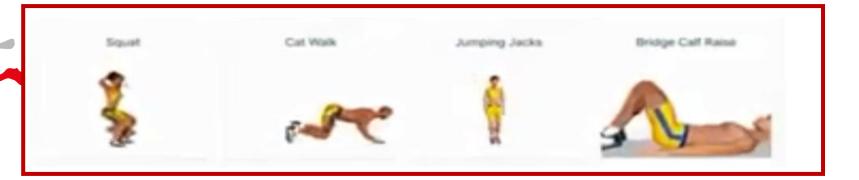
nt **C**SUNNING athle FOR TOTAL





WEEK 8

10 a 15 reps



5 Squats

6 Cat Walk

7 Jumping Jacks

8 Bridge Calf Raise











Jumping Jacks





Bridge Calf Raise





