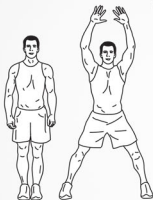


Start
your day
right!

a.m. workout

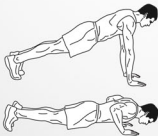
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20 jumping jacks



20 squats



10 knee push-ups



30 seconds elbow plank