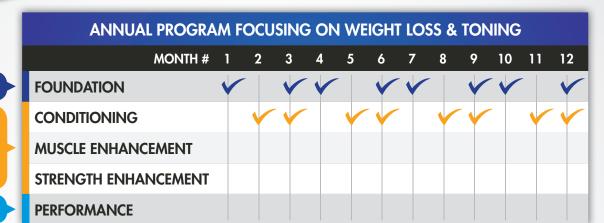
## **PERSONAL**TRAINING





<sup>\*</sup>This program timeline is general and subject to change based on client capabilities and rate of adaption.

**Stabilization** 

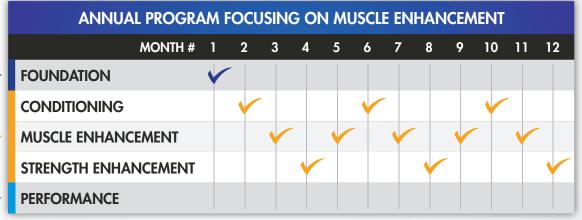
Strength

**Power** 

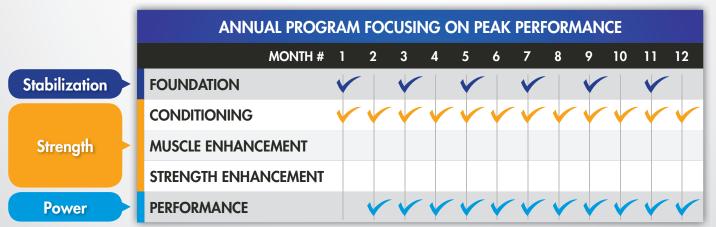
**Stabilization** 

Strength

**Power** 



<sup>\*</sup>This program timeline is general and subject to change based on client capabilities and rate of adaption.



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