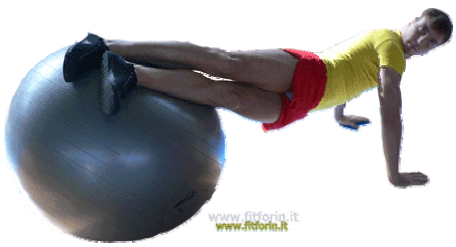
FITforIN

“EIGHTFORIN” CORE PROGRESSION WORKOUT