

TUNE UP EXERCISE SUMMARY

1



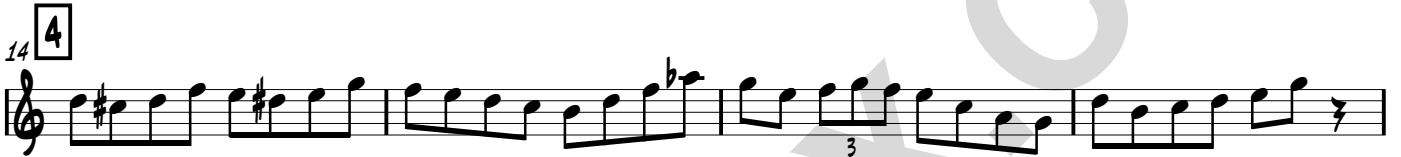
2



3



4



5



6



7



8



9



10



2

42 **11**



46 **12**



50 **13**



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