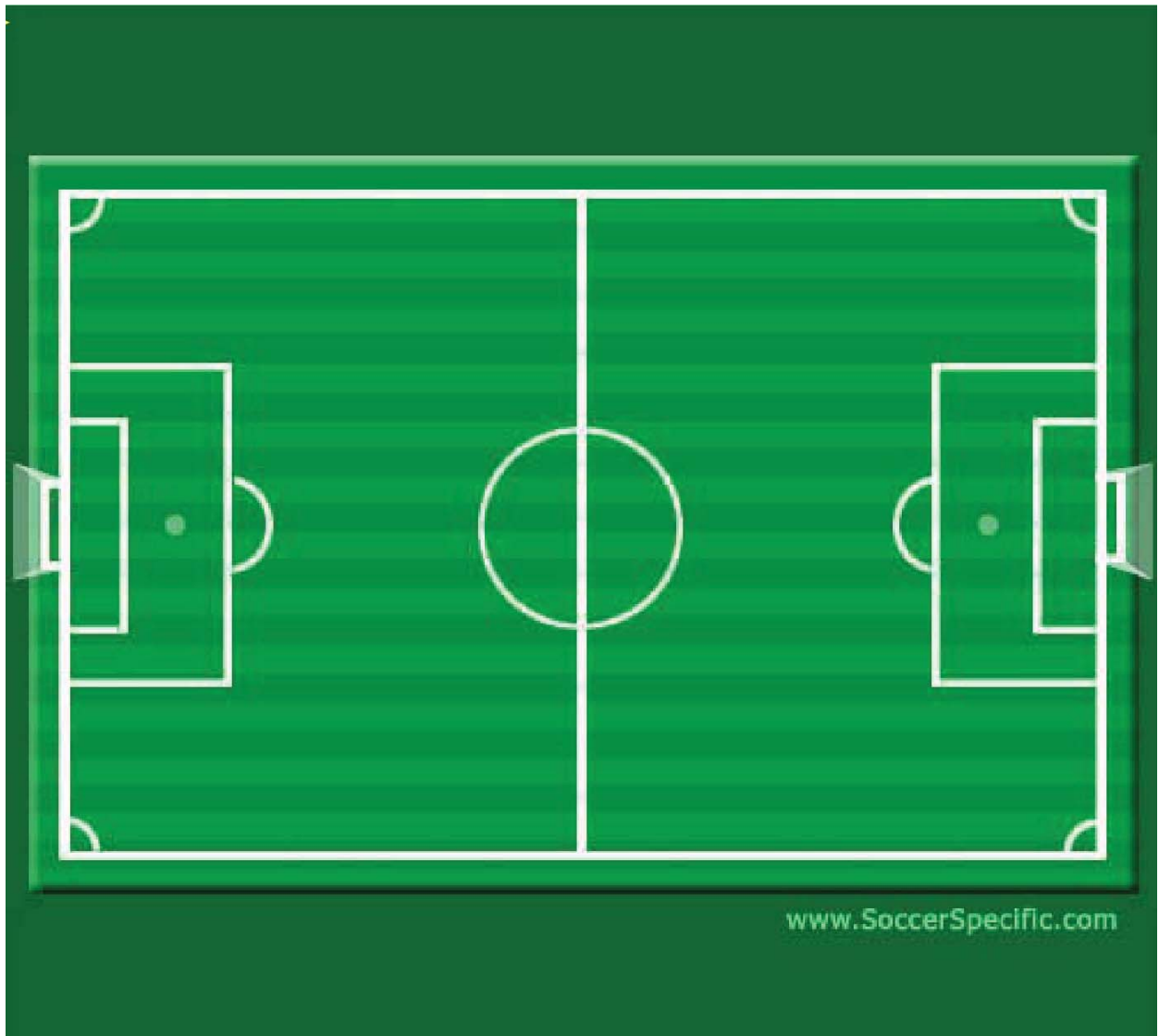


Your Choice



Pick four of your favorite past exercises for your DAY 2 session.