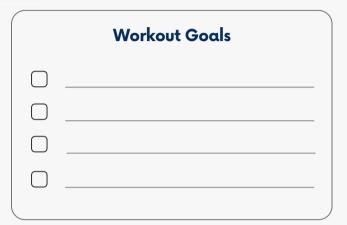


Month	Jan Fe July A							
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My Motivation	

Banana Roll Exercises I Did Today!						
Workout Name	Sets	Reps	Time			

