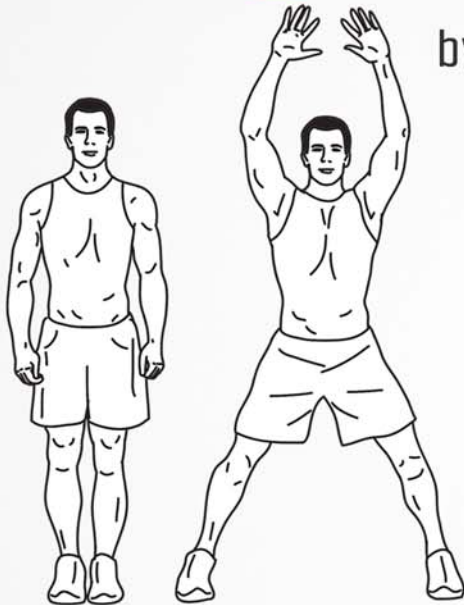


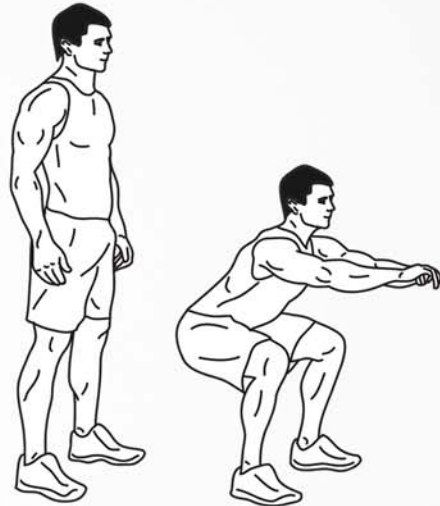
Start  
your day  
right!

# a.m. workout

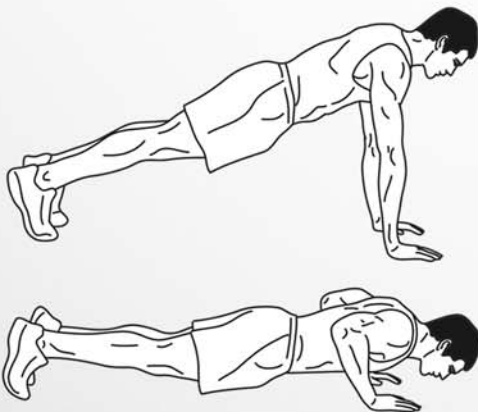
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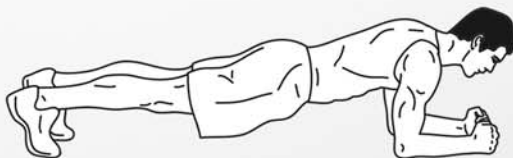
**20** jumping jacks



**20** squats



**10** push-ups



**30 seconds** elbow plank