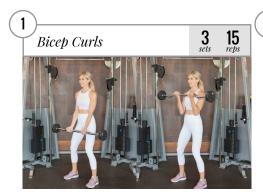
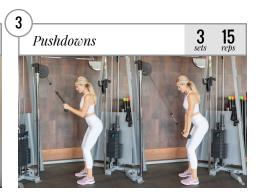


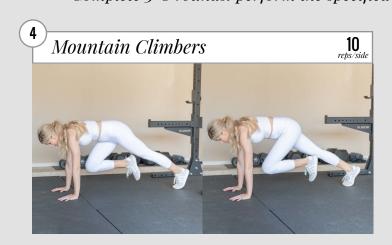
## ARMS Preview Meek, Thesday







CARDIO BLAST
Complete 5-8 rounds: perform the specified reps and rest 15-30 sec in between exercises





## COMPLETE 4 ROUNDS OF THIS CIRCUIT





