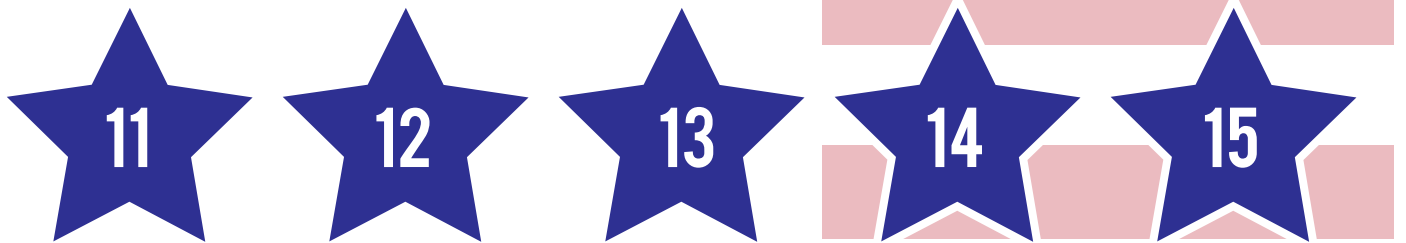
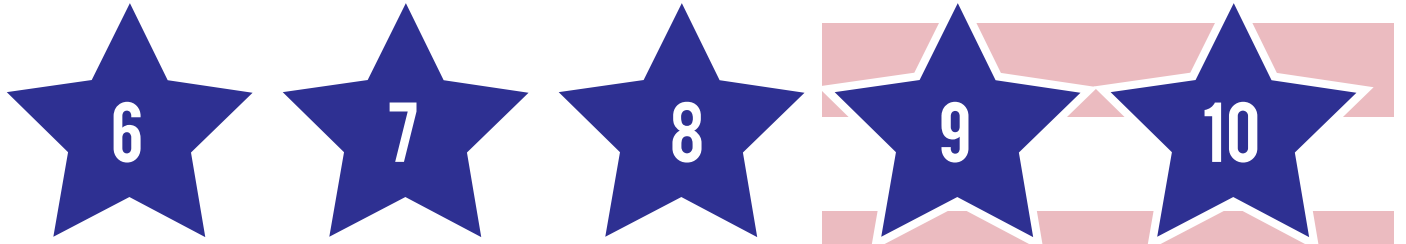


# July WORKOUTS



**GOALS:**