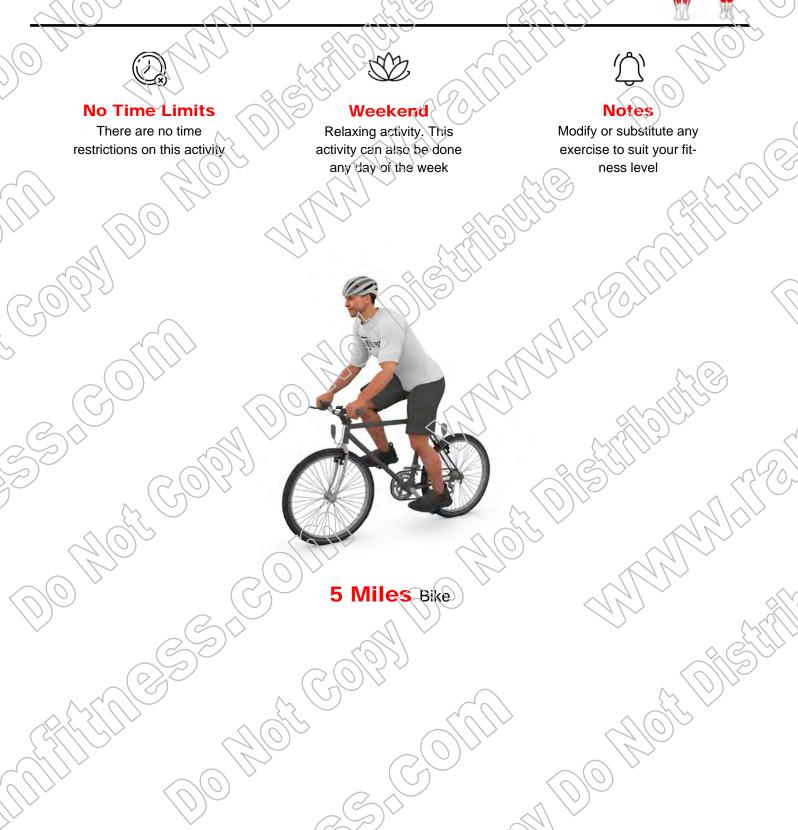


 $\bigcirc$ 

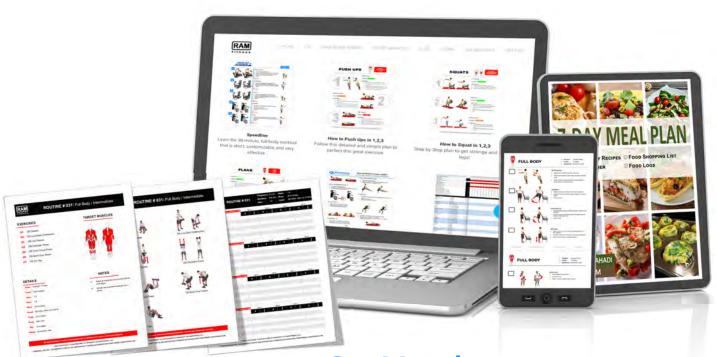


**WOD #21** 

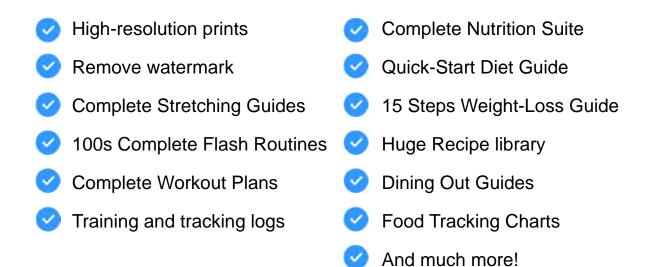
ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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