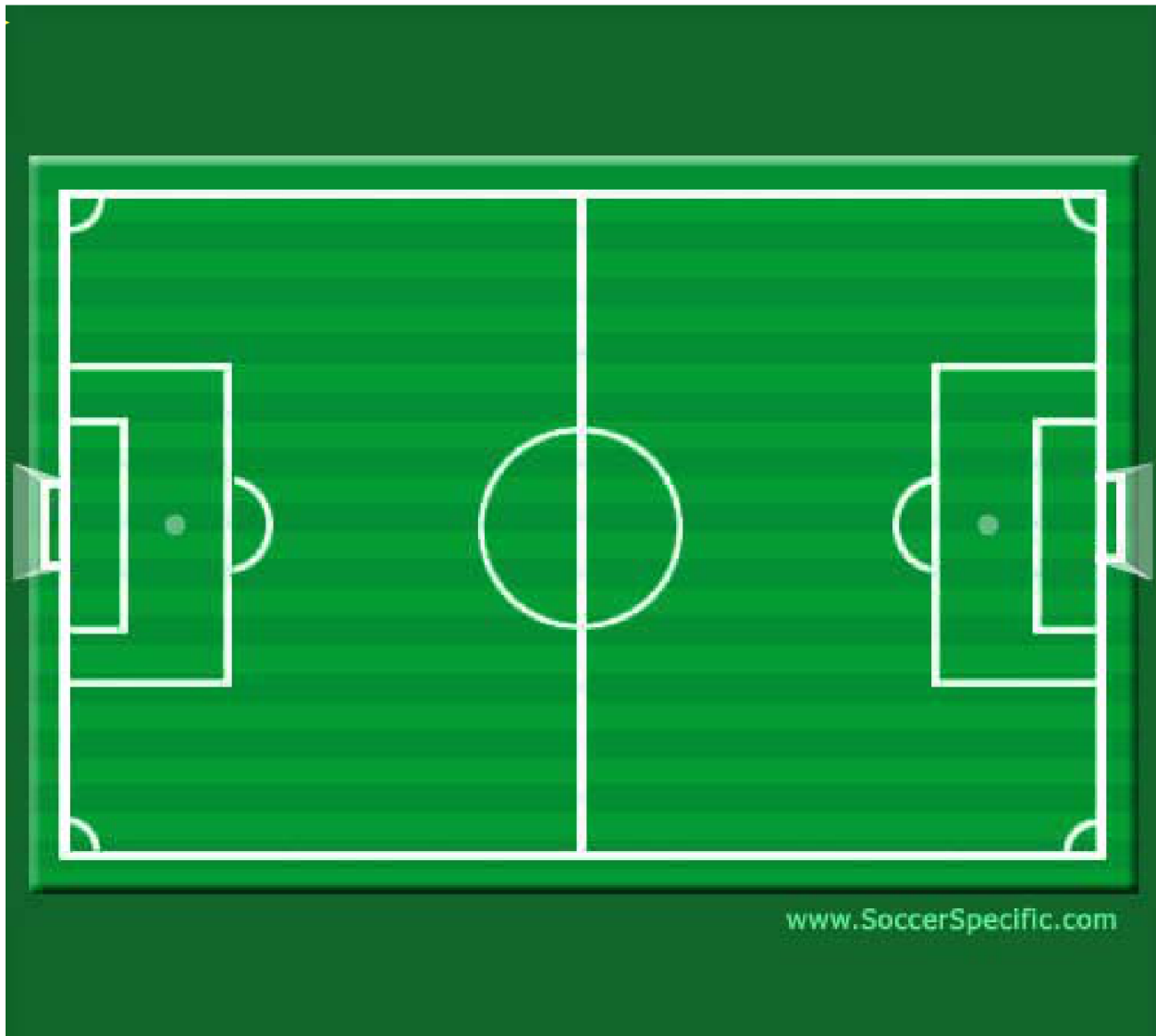


# Your Choice



Pick four of your favorite past exercises for each session, DAY 1 and DAY 2.