

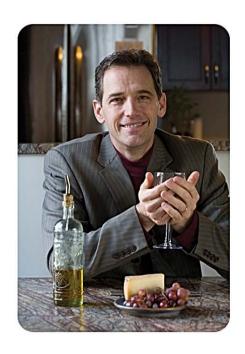
WEEK FOUR - AUGUST



AUGUST

Cool Exercise

Turn up the heat on your exercise even when its hot outside



Think Outside The Gym
Bike, Swim, Row,
Hike, Skate, Camp



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