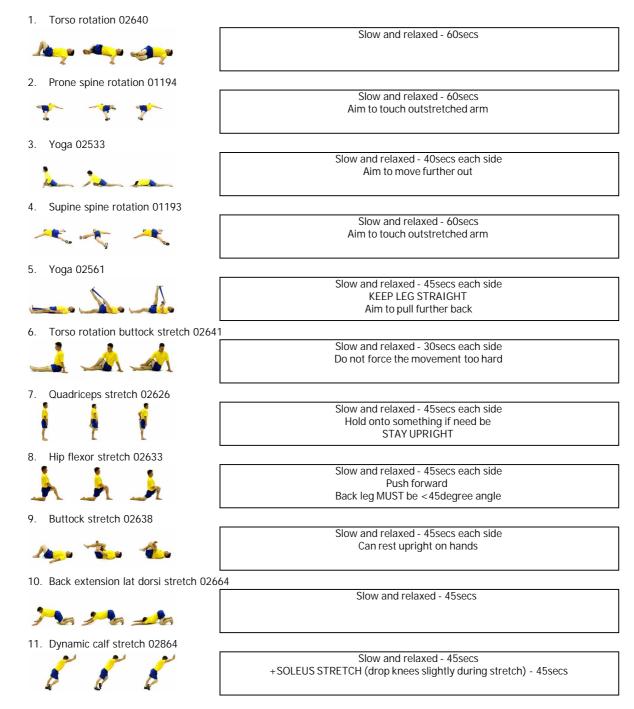
by Steve Forcone



COMPLETE WHOLE PROGRAM TWICE EVERY TIME (total time for 2 sets = approx 15-20mins)



Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.