

ROCK *young* ROUTINE CHALLENGE

EXPECTING AND EMPOWERED

E & E
WORKOUT

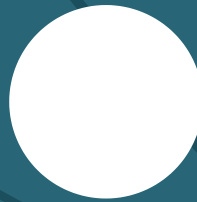
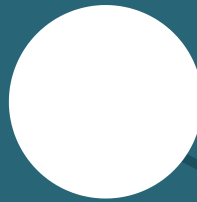
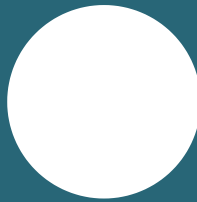
E & E
WORKOUT

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WORKOUT

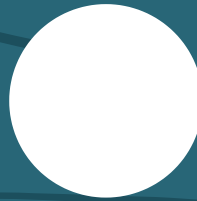
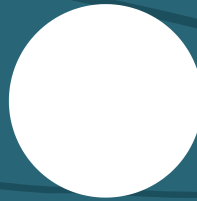
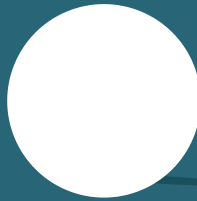
CARDIO

SELF CARE /
SELF
IMPROVEMENT

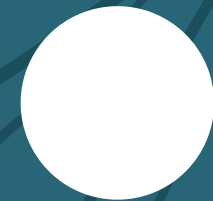
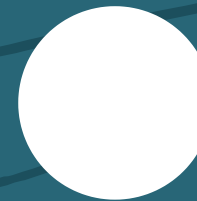
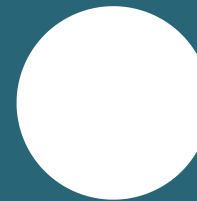
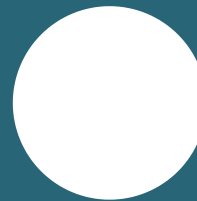
WEEK 1



WEEK 2



WEEK 3



WEEK 4

