

# SPRING INTO YOUR *routine* CHALLENGE

EXPECTING AND EMPOWERED

E & E  
WORKOUT

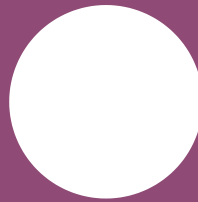
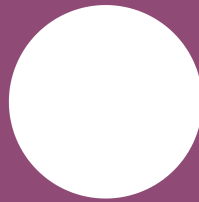
E & E  
WORKOUT

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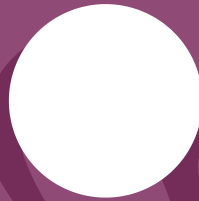
CARDIO

SELF CARE

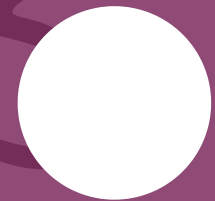
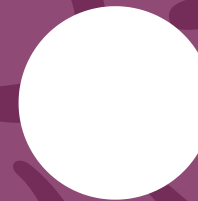
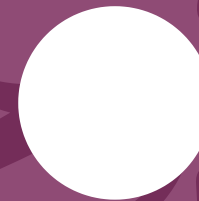
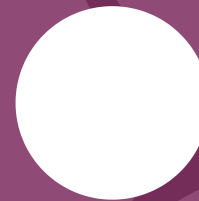
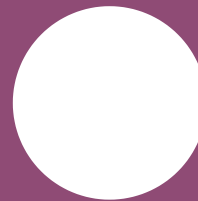
WEEK 1



WEEK 2



WEEK 3



WEEK 4

