

EXERCISE CHECK OFF SHEET FROM THE IOS

April	Sitting Ex 1	Sit Ex 2	Sit Ex 3	Sit Ex 3	Sit Ex 4	Sit Ex 5	Sit Ex 6	Sit Ex 7	March	Stairs	Walk
13th											
14th											
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EXERCISE CHECK OFF SHEET FROM THE IOS

May	Sitting Ex 1	Sit Ex 2	Sit Ex 3	Sit Ex 3	Sit Ex 4	Sit Ex 5	Sit Ex 6	Sit Ex 7	March	Stairs	Walk
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