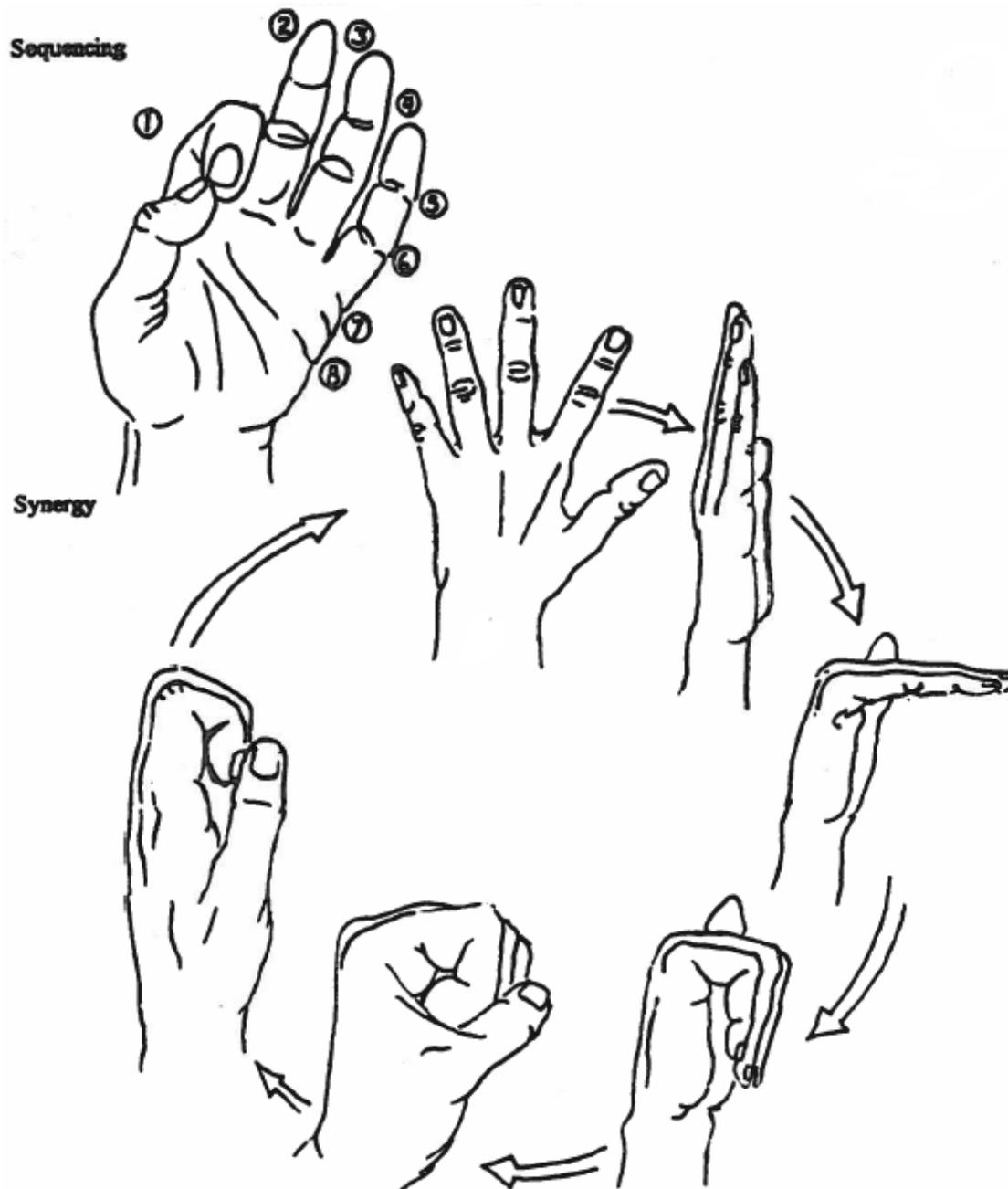




## Sequencing and Synergy Exercises



|                   |
|-------------------|
| Repetitions _____ |
| Times a Day _____ |