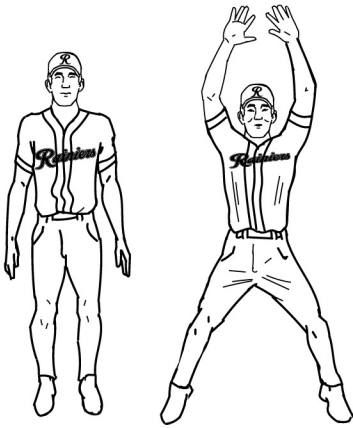


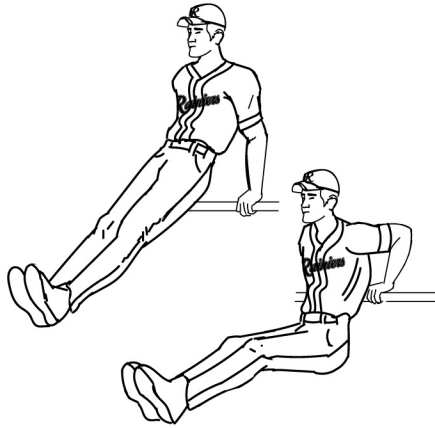
# WE *R* TACOMA WORKOUT PLAN

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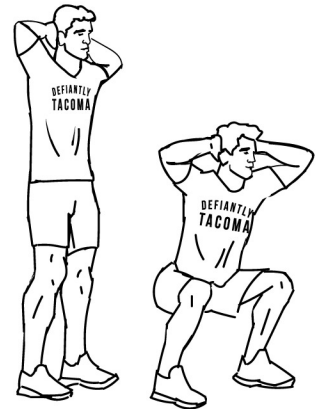
## FULL BODY - 4 SETS



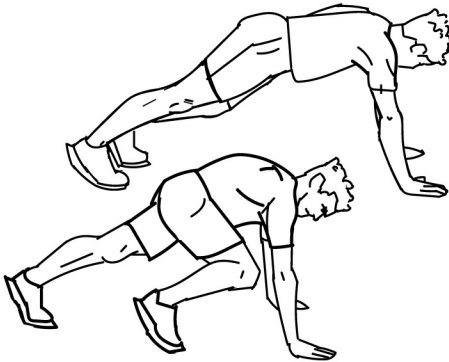
**15 JUMPING JACKS**



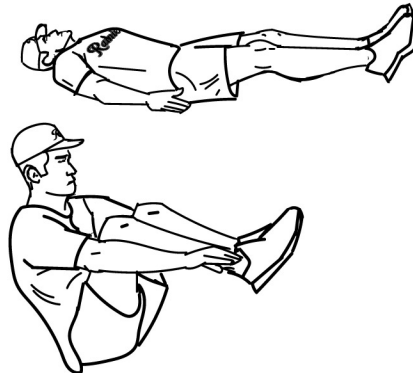
**5 TRICEP DIPS**



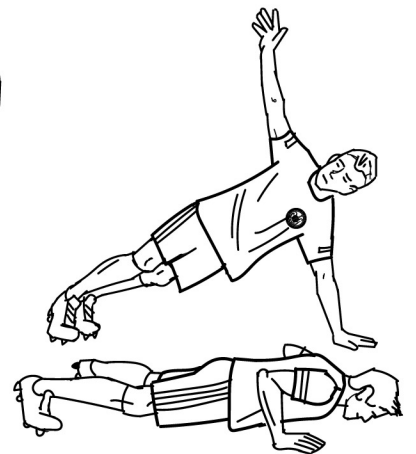
**20 SQUATS**



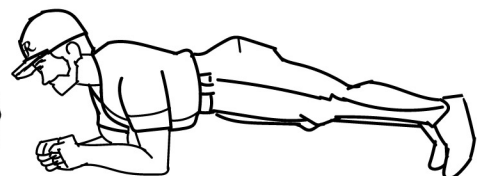
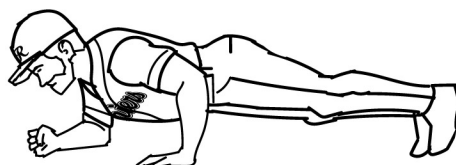
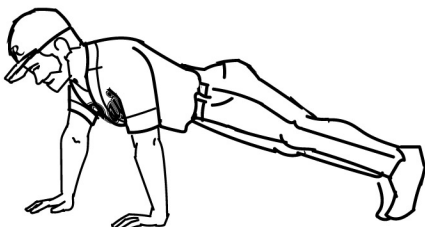
**15 MOUNTAIN CLIMBERS**



**20 V SITUPS**



**10 ROTATING PUSHUPS**



**20 UP & DOWN PLANKS**