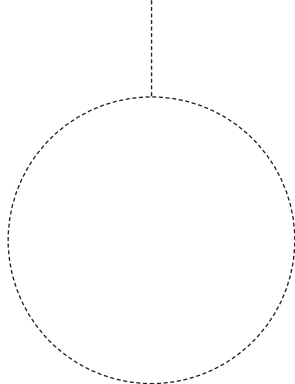




# SPRING FITNESS MAKEOVER



Spring is here and it's time to shed those winter pounds!  
Let's get right to it, because now is the time  
to begin your Spring Fitness Makeover!  
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