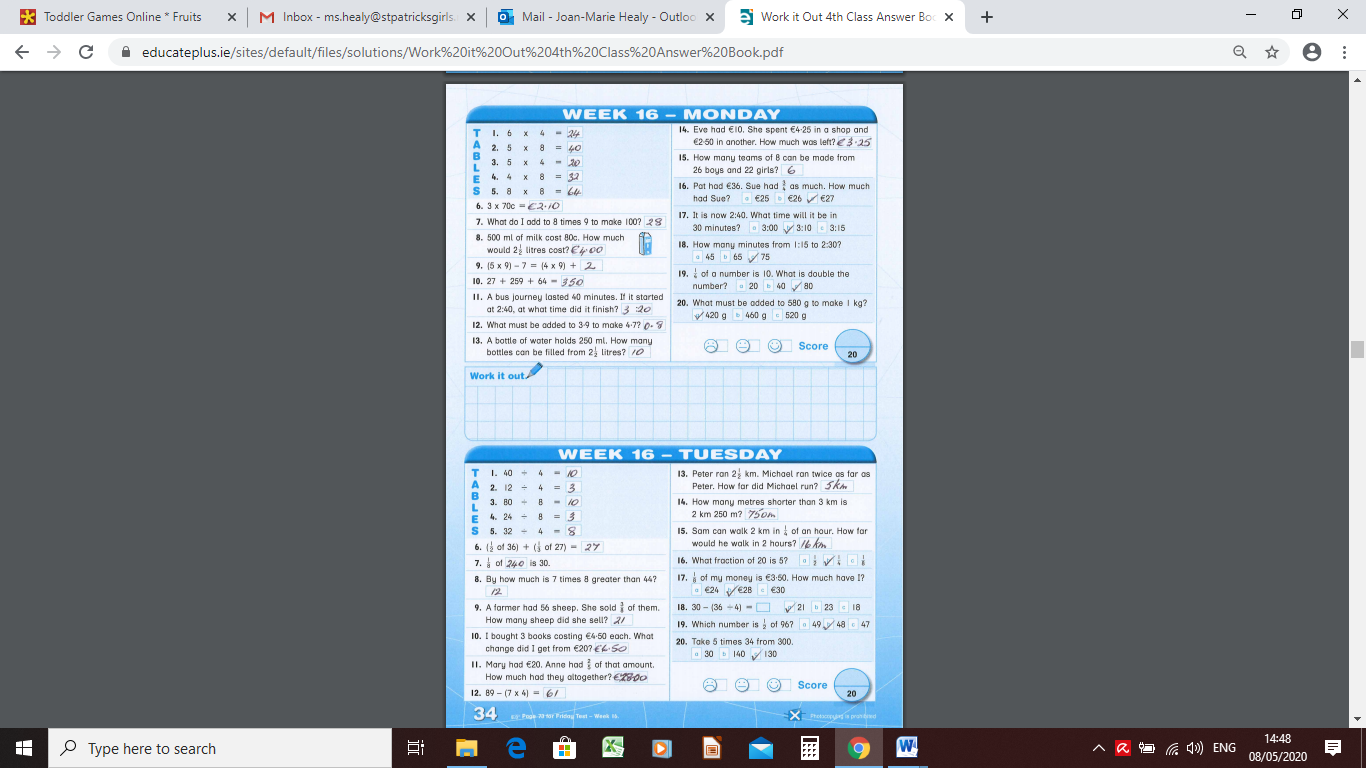
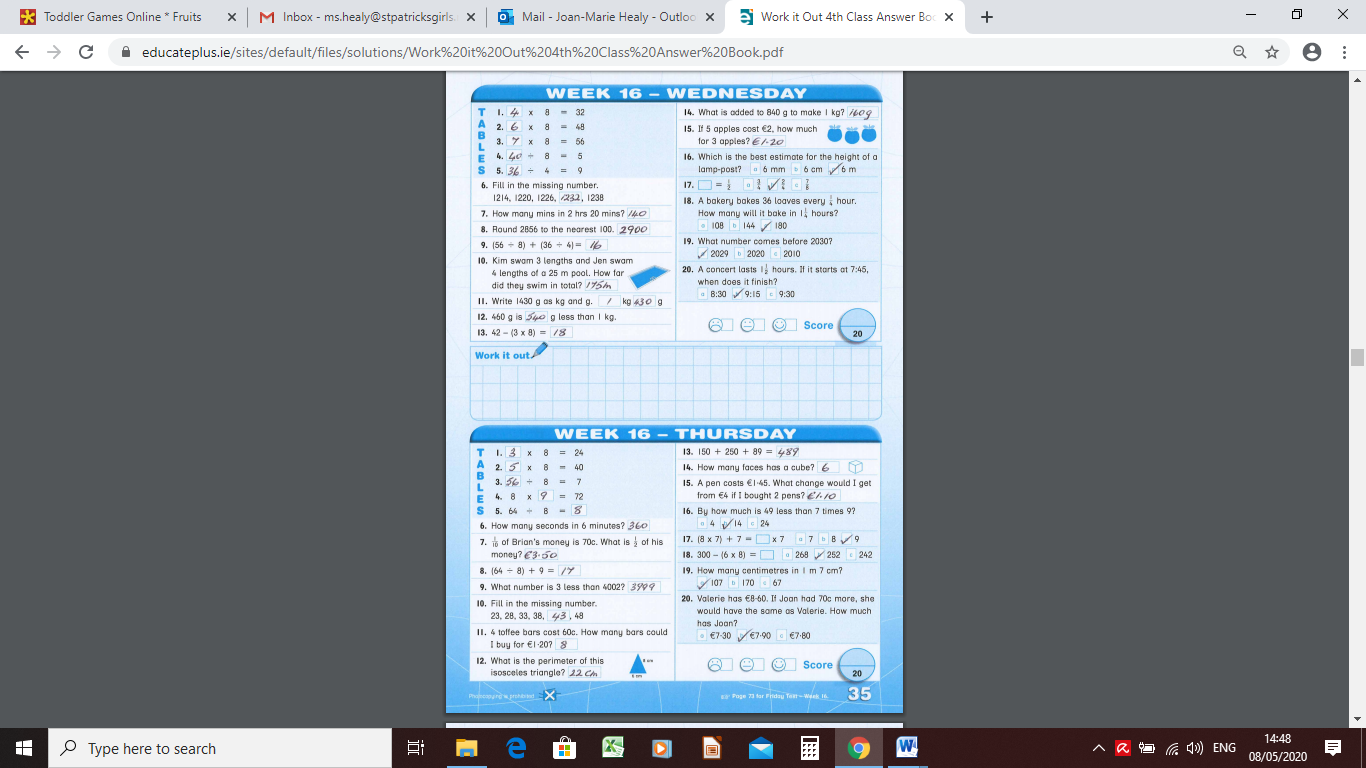
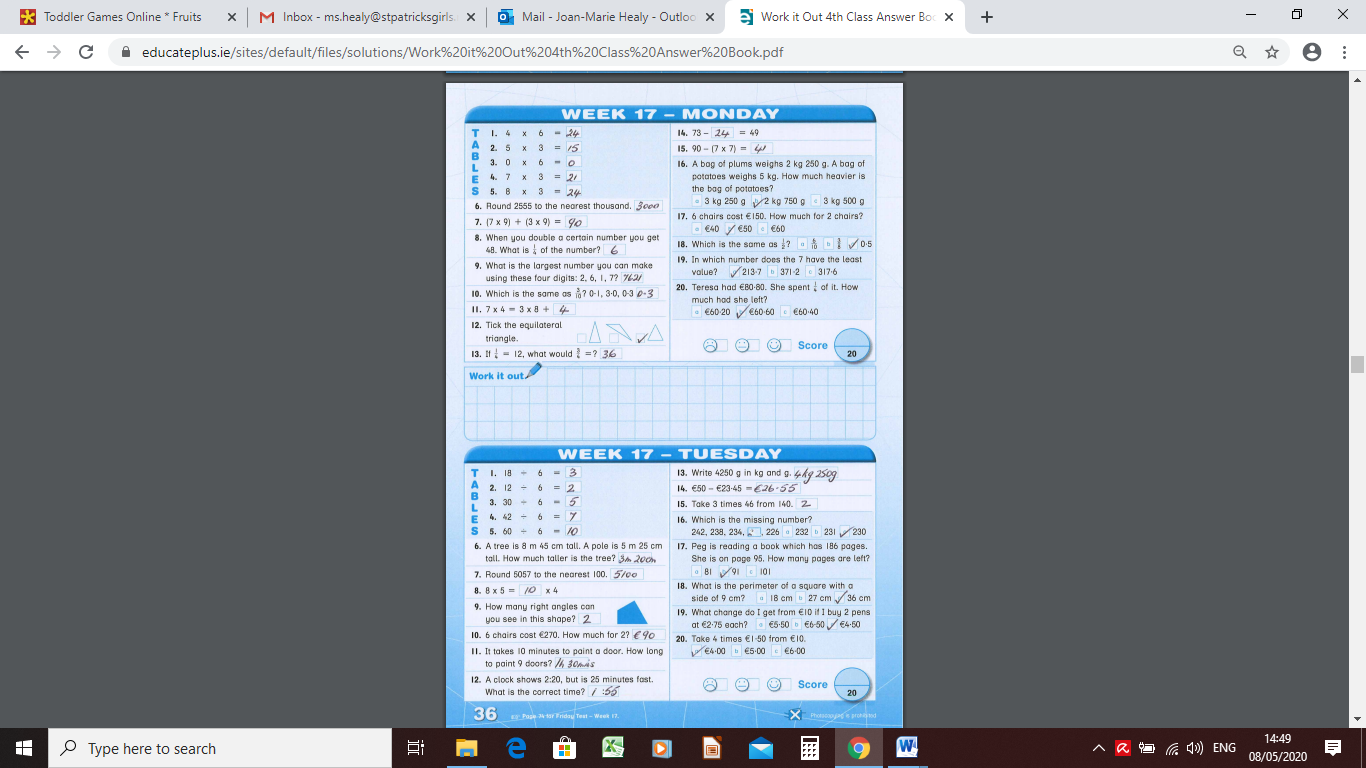
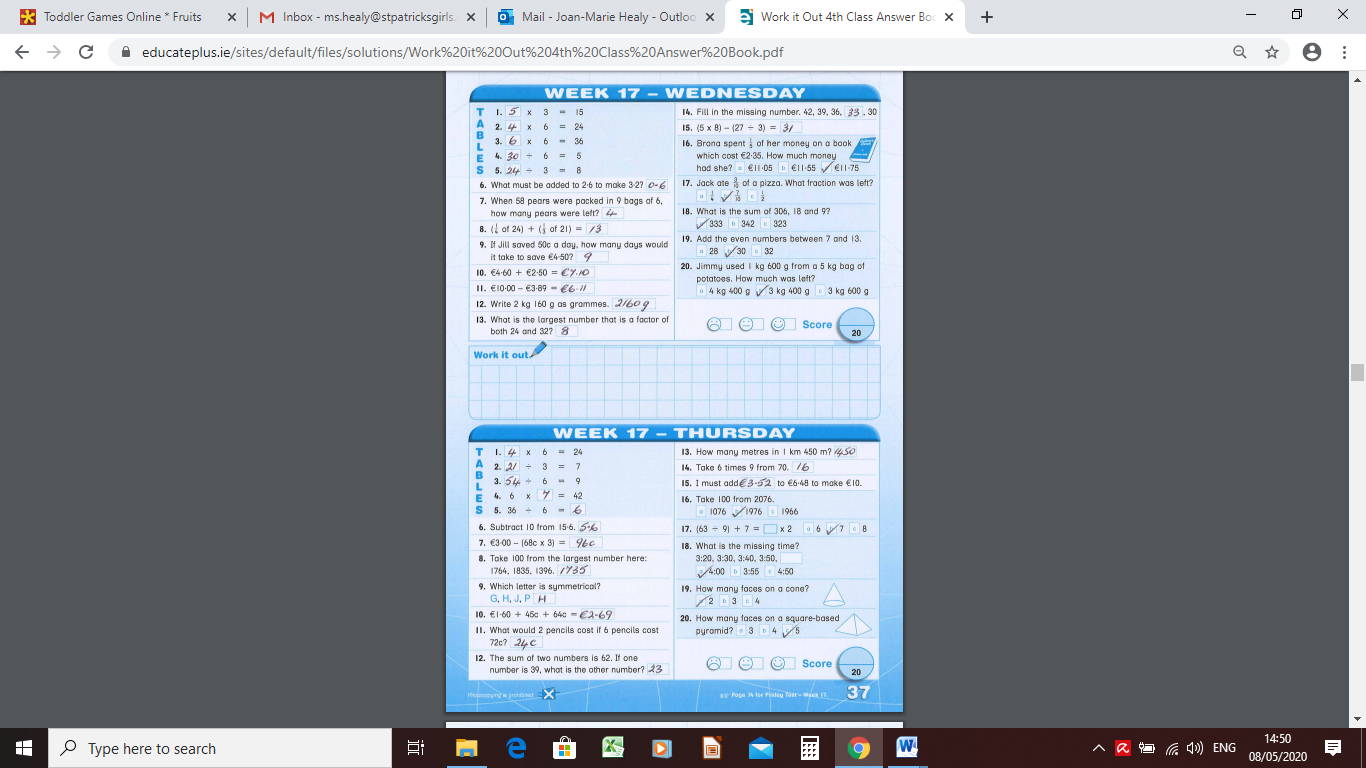
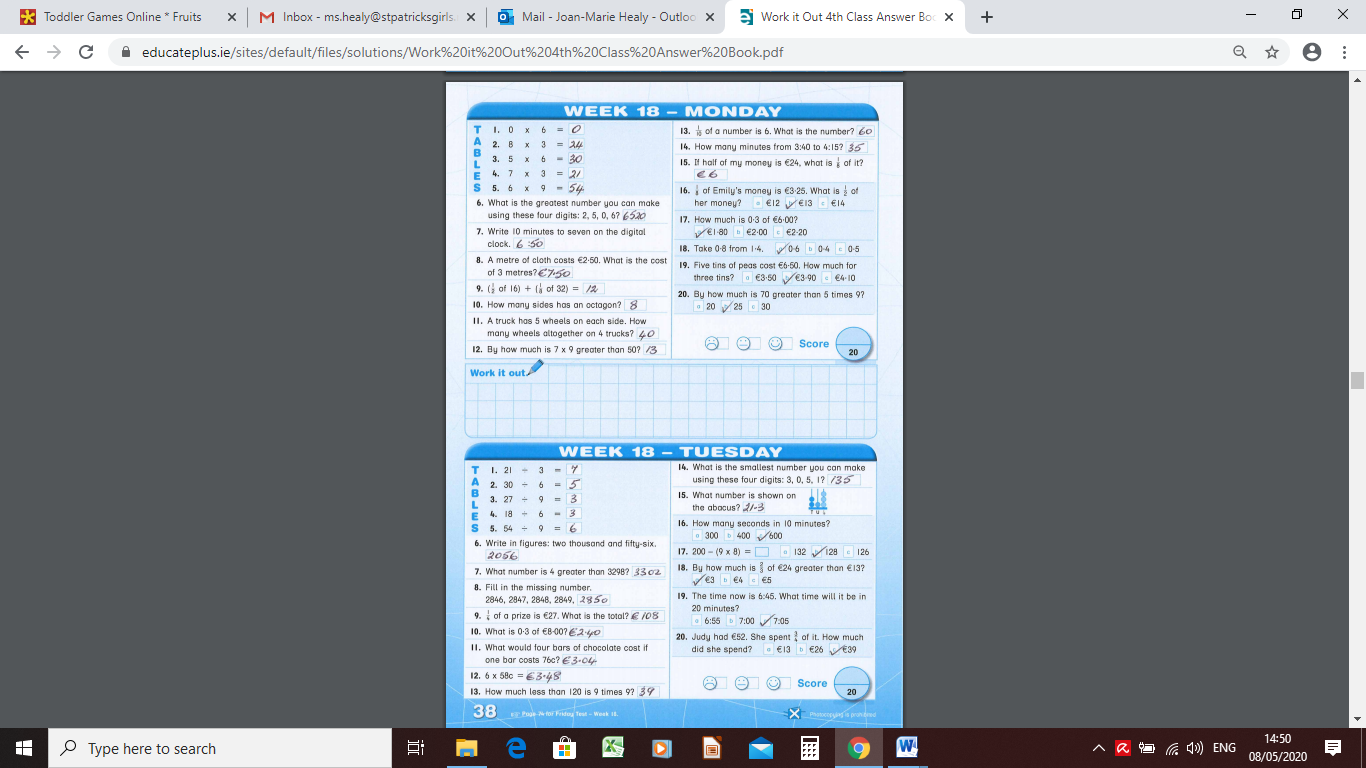
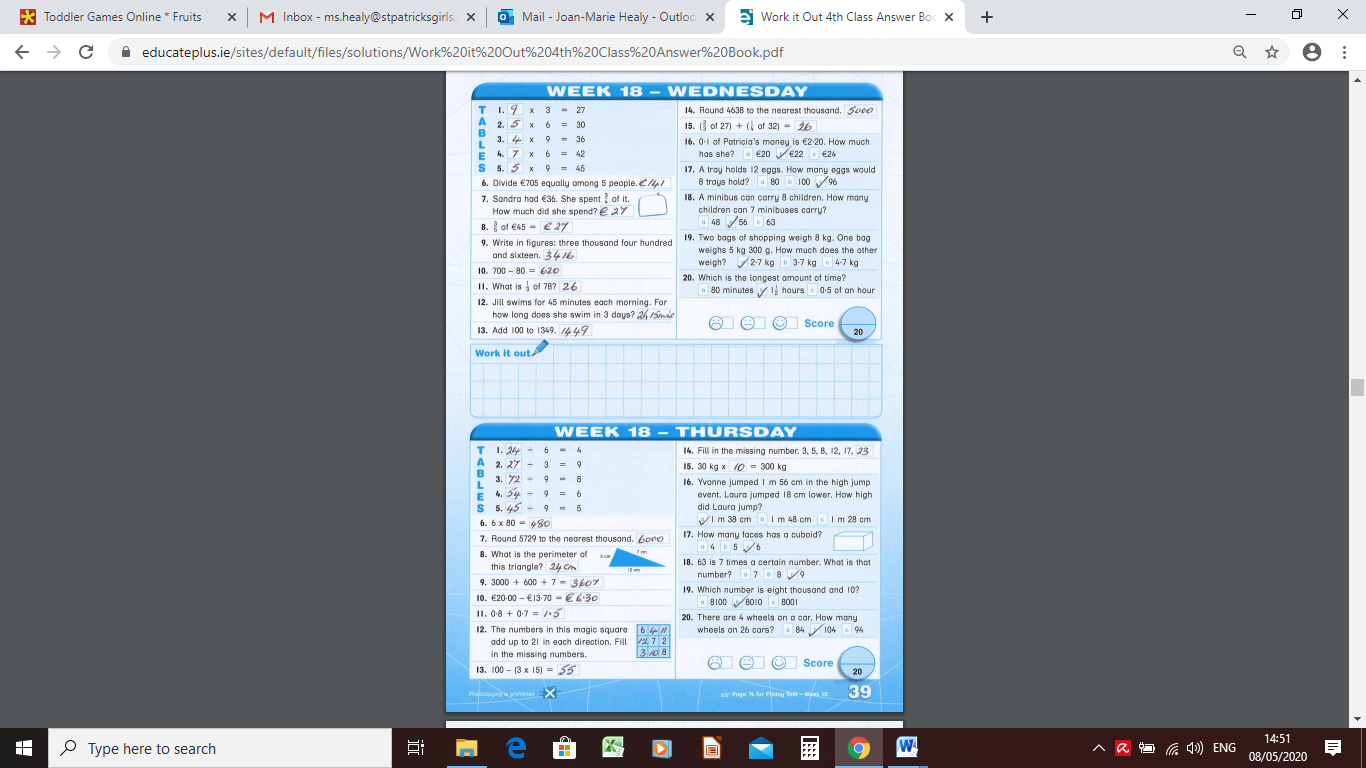
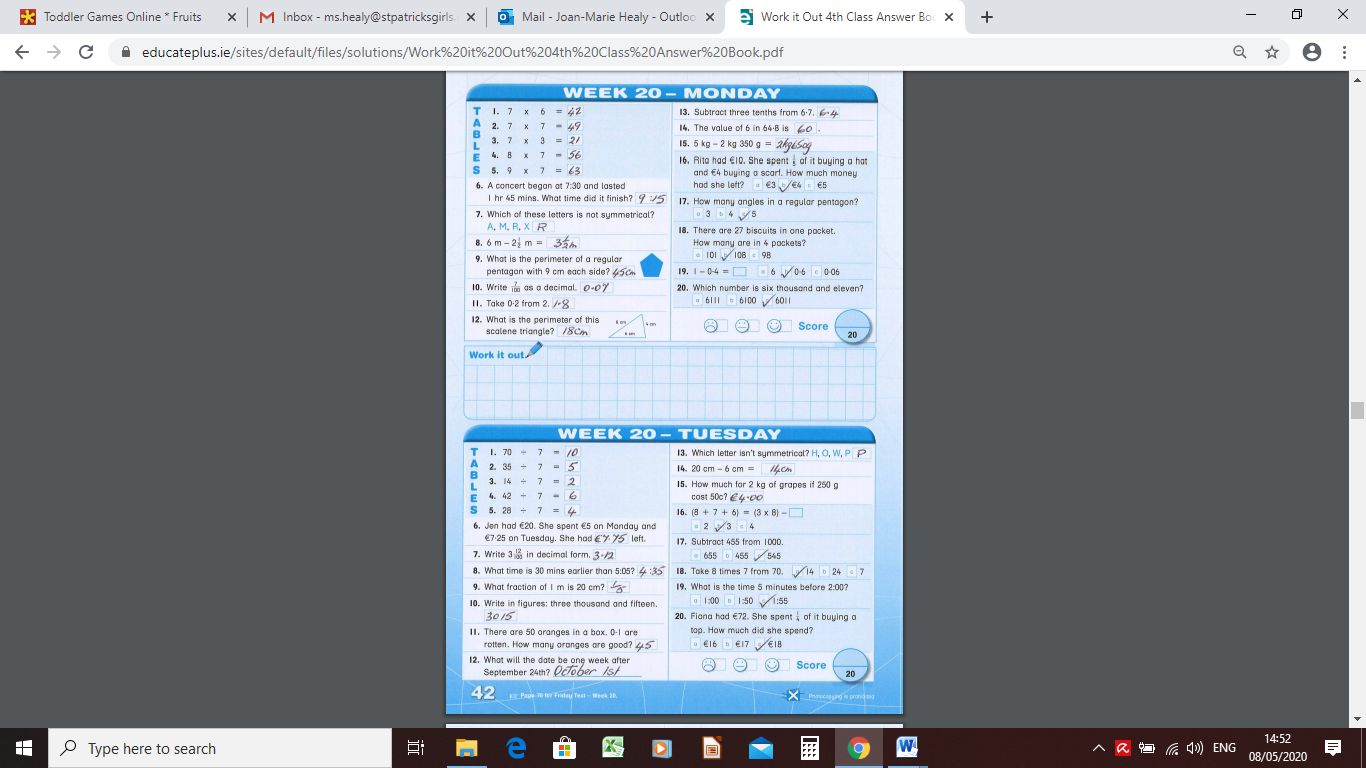
**Week 1 and 2 – Work It Out Weeks 16, 17, 18** 

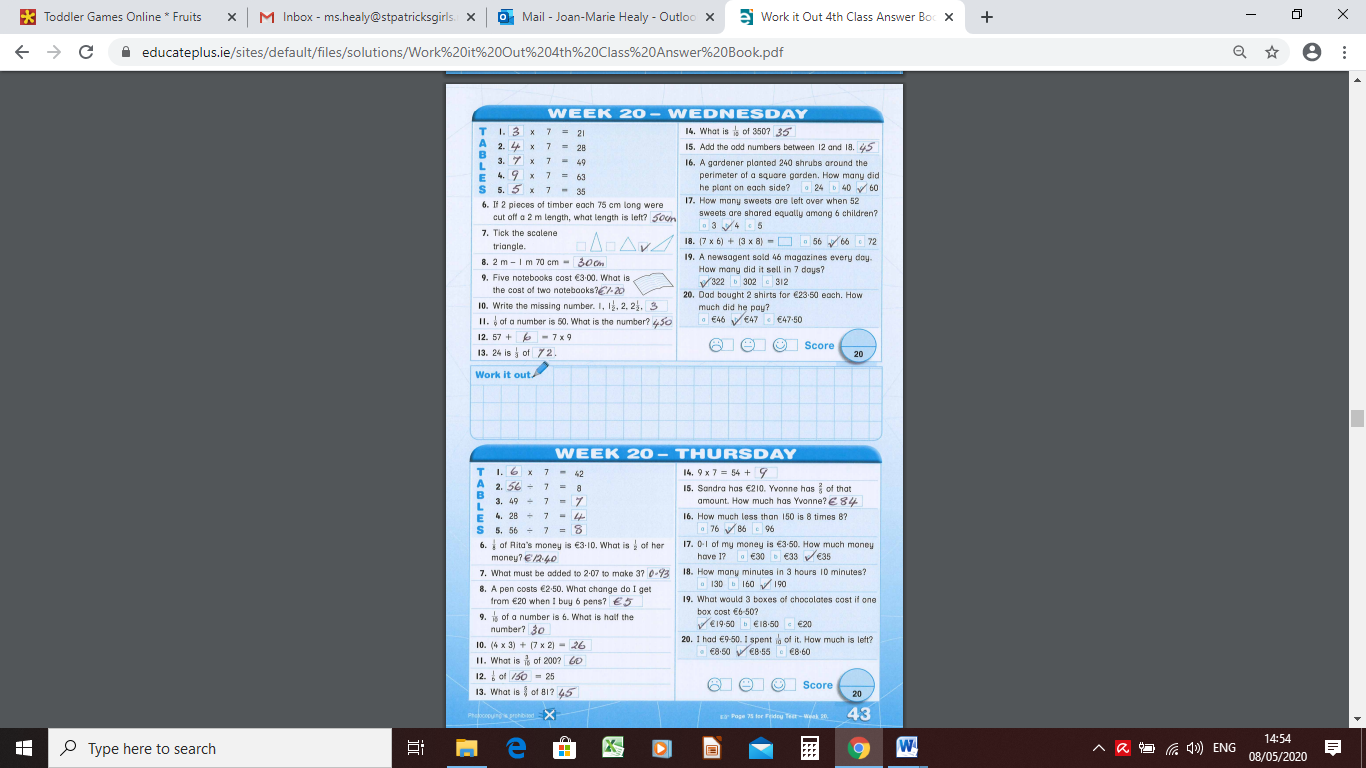




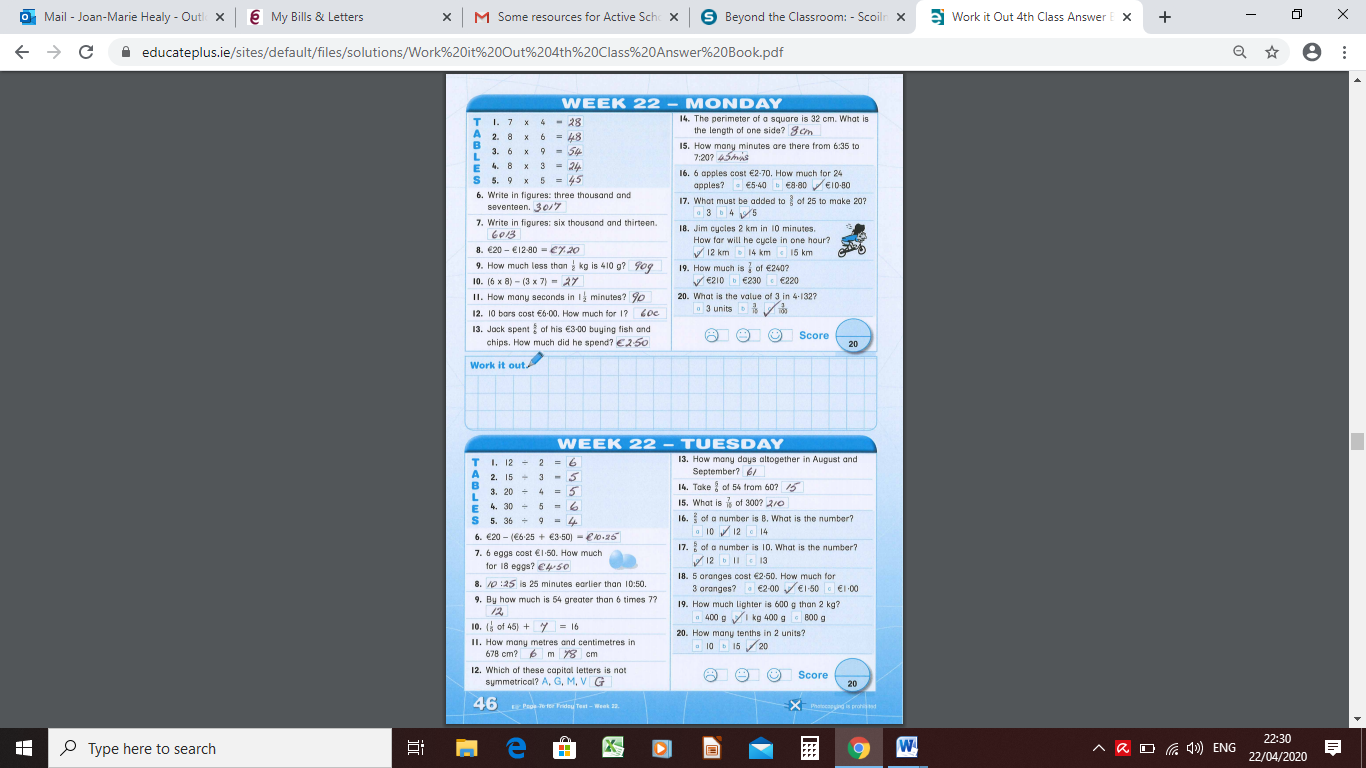
 

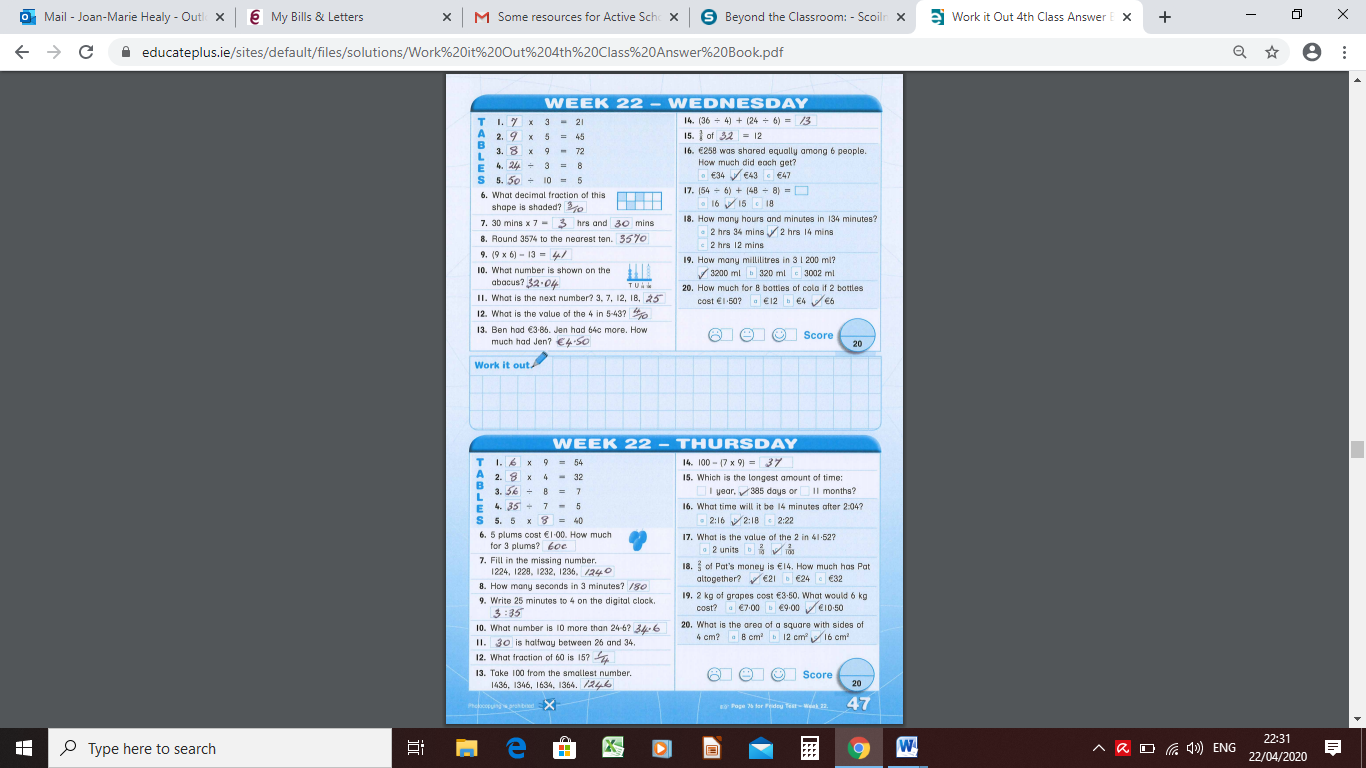
**Week 3 – Work It Out Week 20**





**Week 4 – Work It Out Week 22**





**Week 5 – Work It Out Week 23**

