

30 ~~minutes~~ ~~minutes~~ ~~minutes~~
or ~~minutes~~ in. Under
rest in a ~~rest~~ in
~~rest~~?

Exercises

- ~~Exercises~~ ~~Exercises~~ ~~Exercises~~
~~Exercises~~

Notes

- ~~Notes~~ ~~Notes~~ ~~Notes~~
~~Notes~~

Exercises

- ~~Exercises~~ ~~Exercises~~ ~~Exercises~~
~~Exercises~~

Notes

- ~~Notes~~ ~~Notes~~ ~~Notes~~
~~Notes~~

Exercises

- ~~Exercises~~ ~~Exercises~~ ~~Exercises~~
~~Exercises~~