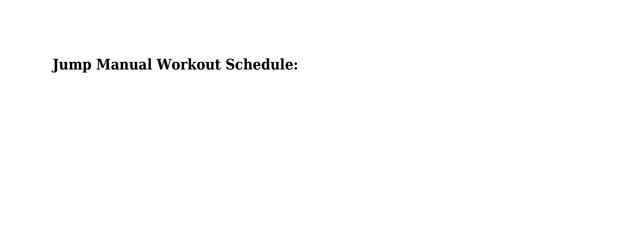


<u>**Jump Manual Workout Schedule**</u>

Patrick Vollmar



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