

FITNESS FRIDAY



**FITNESS
FRIDAY**



CHILL OUT

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CROSS-FIT

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DODGE BALL

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MARTIAL ARTS

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BARN DANCE

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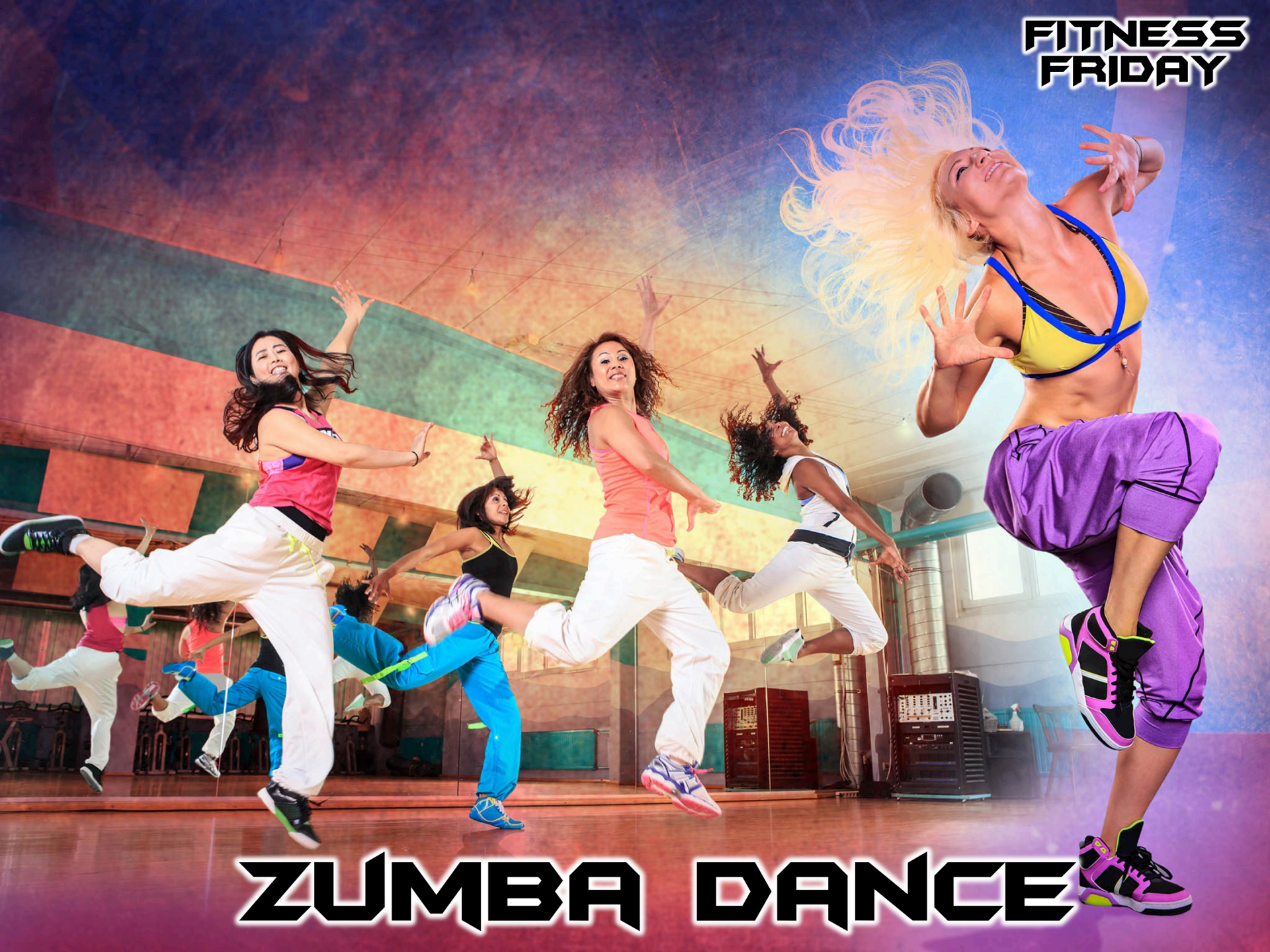
SELF DEFENSE

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A silhouette of a person is shown from behind, looking out of a window. The window is divided into a grid of panes by dark vertical and horizontal bars. The person's hands are visible, gripping the vertical bars on either side of their head. The background outside the window is a bright, overcast sky with some clouds. The lower portion of the image shows a red brick wall, suggesting the person is looking out from a basement or underground space.

UNDER GROUND

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ZUMBA DANCE

A dramatic, low-key photograph of two soldiers in camouflage uniforms. They are facing each other in profile, with their heads slightly tilted upwards. The soldier on the left wears a camouflage cap. The background is a blurred forest scene with a bright light source creating a lens flare effect. The overall tone is gritty and intense.

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BOOT CAMP

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SOKKIE DANCE

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OLYMPIC GAMES



PARTY NIGHT