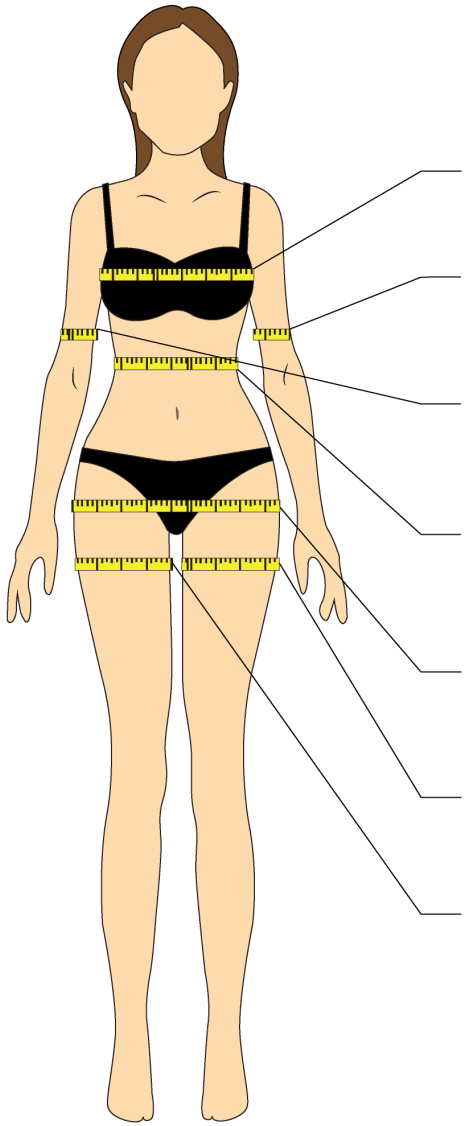

WEEK	1	2	3	4	5	6	7	8	9	10
CHEST										
L.ARM										
R.ARM										
WAIST										
HIPS										
L.THIGH										
R.THIGH										
WEIGHT										