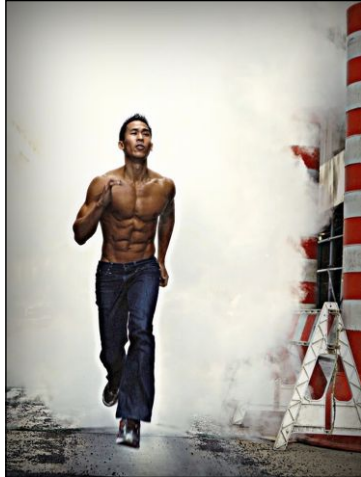




CHOSEN MODEL MANAGEMENT SKYY WANG

HEIGHT: 6'1" HAIR: BLACK EYES: BROWN SUIT: 40" LENGTH: L SHIRT: 15" SLEEVE: 35" WAIST: 30" INSEAM: 34" SHOE: 11.5



HOW IT WORKS

EACH SESSION BEGINS WITH a short strength routine that will build muscle every week. In the middle, there's a cardio interval that will burn 300 to 400 calories. Then, there's your full-body workout. Each workout is designed to be a full-body workout, so you'll be working every muscle group. The workout is divided into three parts: the first part is a strength workout, the second is a cardio interval, and the third is a full-body workout. The workout is designed to be a full-body workout, so you'll be working every muscle group. The workout is divided into three parts: the first part is a strength workout, the second is a cardio interval, and the third is a full-body workout.

DIRECTIONS

Perform each workout 3 times a week, with 1 day of rest between each session.

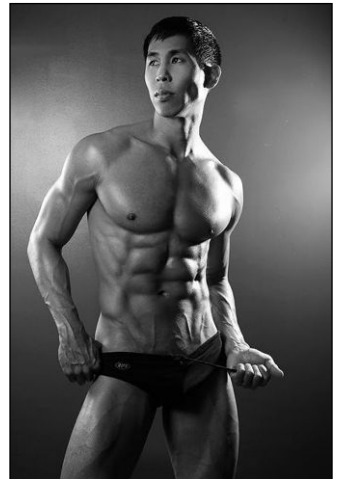
HOW TO GET THE MOST OUT OF THIS WORKOUT

For the first exercise in each workout, stand up on your toes and hold for 30 seconds. For the remaining exercises, use a stack of cards. Each card is 1/2 inch thick and 1/2 inch wide. The more cards you use, the more difficult the exercise will be. Use 10 cards for the first exercise, 15 for the second, and 20 for the third. For the fourth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the fifth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the sixth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the seventh exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the eighth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the ninth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third. For the tenth exercise, use 10 cards for the first set, 15 for the second, and 20 for the third.

WEIGHTED PULLUP

Place the weighted belt around your waist and fasten it. Attach the belt to the pullup bar. Perform the pullup as usual, but with the belt around your waist. This will add weight to the pullup, making it more difficult. Perform 10 pullups with the belt around your waist. Then, perform 10 pullups without the belt around your waist. This will allow you to compare the two and see how much more difficult the weighted pullup is.

CARD	WEIGHT
1	2.00
2	2.00
3	2.00
4	2.00
5	2.00
6	2.00
7	2.00
8	2.00
9	2.00
10	2.00





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