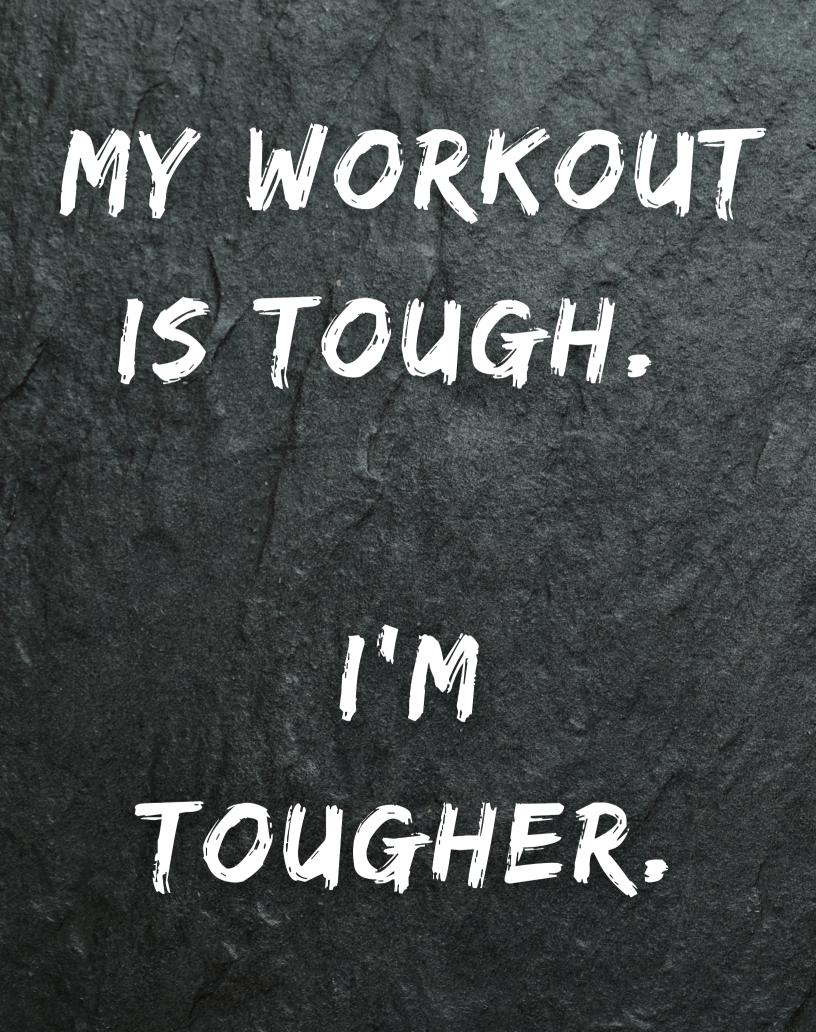
WORKOUT FORE





inhale self love.

exhale self doubt.

Do it for the snacks.

l am strong. l am capable. l am growing every day.

