cl-twl scf bnc 1 2 3 4 5 6 7 bx bb-drbl sm-pnk sw-blrm ma hamb drm dbl wbd mp-bz-tb-tl fl kb sing-lt sct-hrm spk

U	M	T	W	R	F	Sa
fl str Ankl wt grp up nk bstr		fl str Ankl wt grp up nk bstr	fl tw str Ankl wts up bstr nk grp	fl str Ankl wt grp up nk bstr		fl str Ankl wt grp up nk bstr
toes arch kn kn ank ank kn kn low lr b low thi front ham		toes arch kn kn ank ank kn kn low lr b low thi front ham	toes arch kn kn ank ank kn kn low l r b low thi front ham	toes arch kn kn ank ank kn kn low lr b low thi front ham		toes arch kn kn ank ank kn kn low lr b low thi front ham
ngcar kha shrotn		ngcar kha shrotn	ngcar kha	ngcar kha shrotn		ngcar kha shrotn
fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft		fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft	str fl Sit Arch oipv wr nk sh ch-sw tw wal w 3 fw cf ft ft	fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft		fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft
o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd
R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	ch ch R R P P L h h
flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike

U	M	T	W	R	F	A
fl str Ankl wt grp up nk bstr		fl str Ankl wt grp up nk bstr	fl tw str Ankl wts up bstr nk grp	fl str Ankl wt grp up nk bstr		fl str Ankl wt grp up nk bstr
toes arch kn kn ank ank kn kn low lr b low thi front ham		toes arch kn kn ank ank kn kn low lr b low thi front ham	toes arch kn kn ank ank kn kn low l r b low thi front ham	toes arch kn kn ank ank kn kn low lr b low thi front ham		toes arch kn kn ank ank kn kn low lr b low thi front ham
ngcar kha	shrotn	ngcar kha	ngcar kha shrotn	ngcar kha	shrotn	ngcar kha
fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft		fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft	str fl Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft	fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft		fl str Sit Arch oipv wr nk sh ch sw tw wal w 3 fw cf ft ft
o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd	o v k sc sc i t w ch ro pd
R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	R R P P L h h	ch ch R R P P L h h
flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike	flos nite F d d wts run bike