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**OPEN**<sup>®</sup>

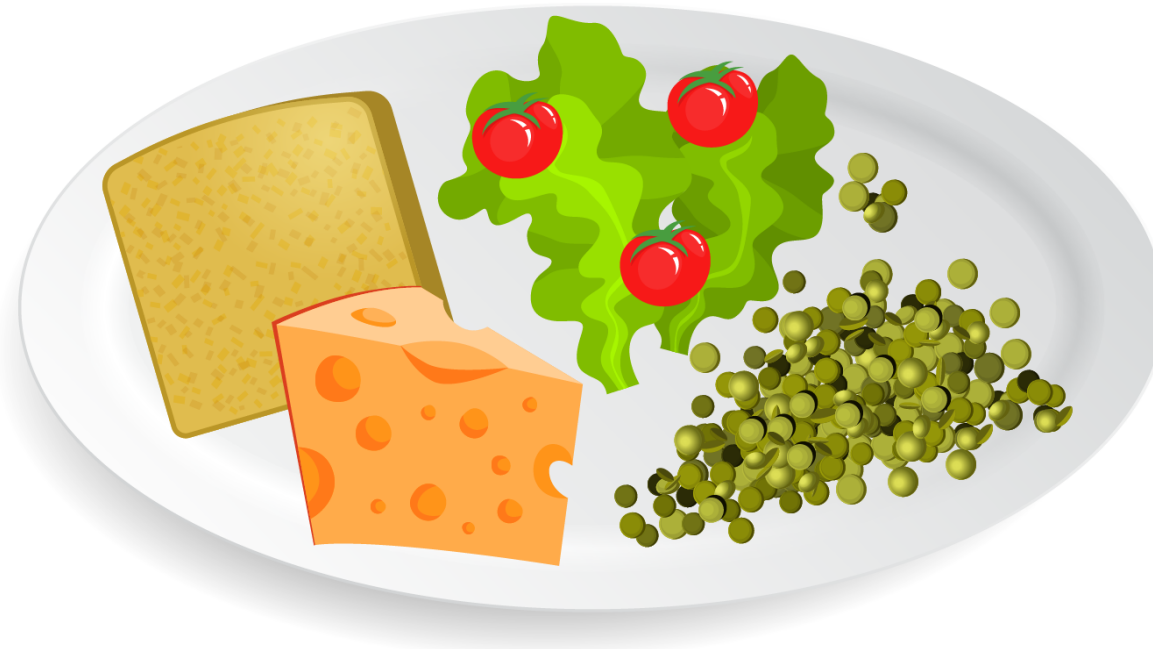


# Memory Plate

Nutrition Game Cards

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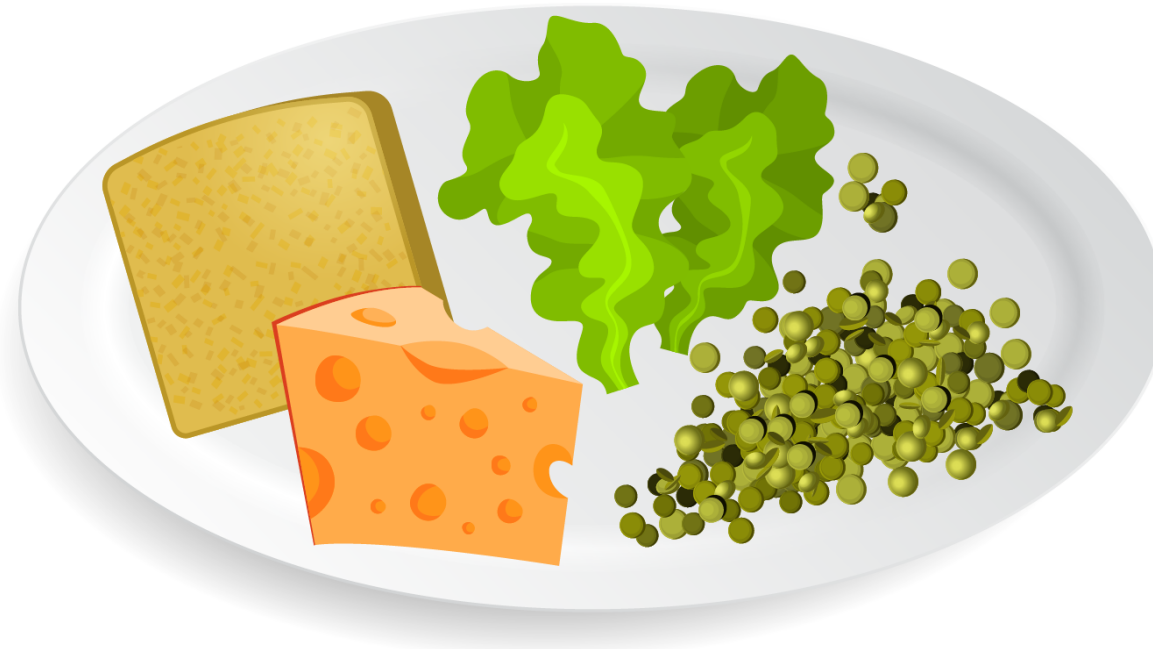


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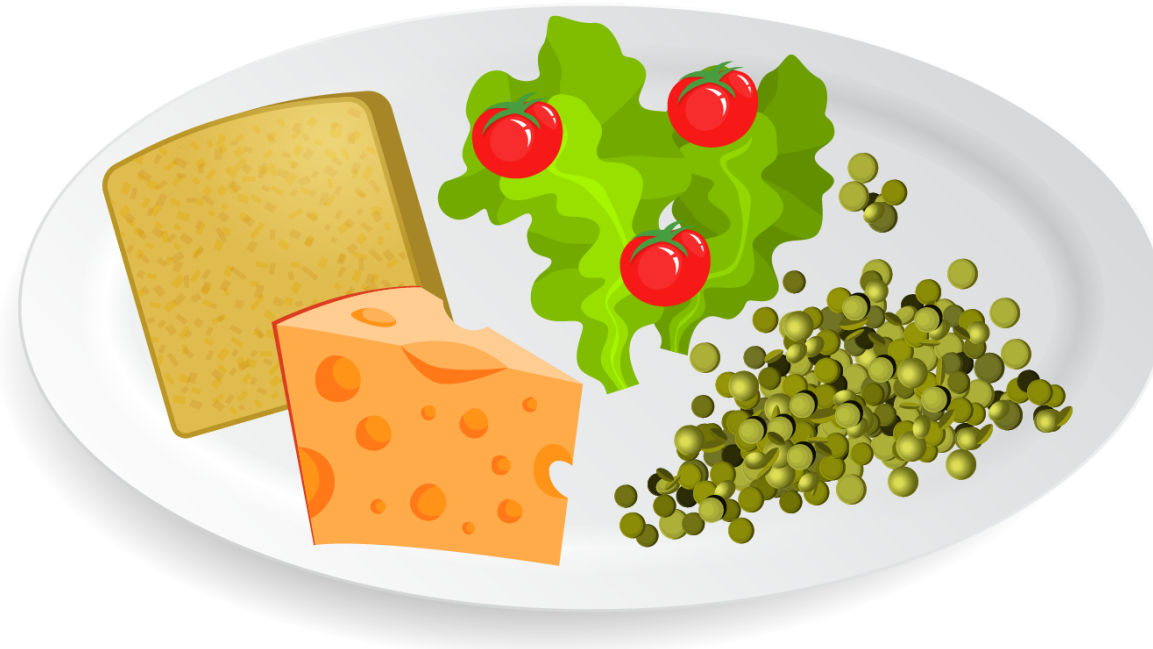


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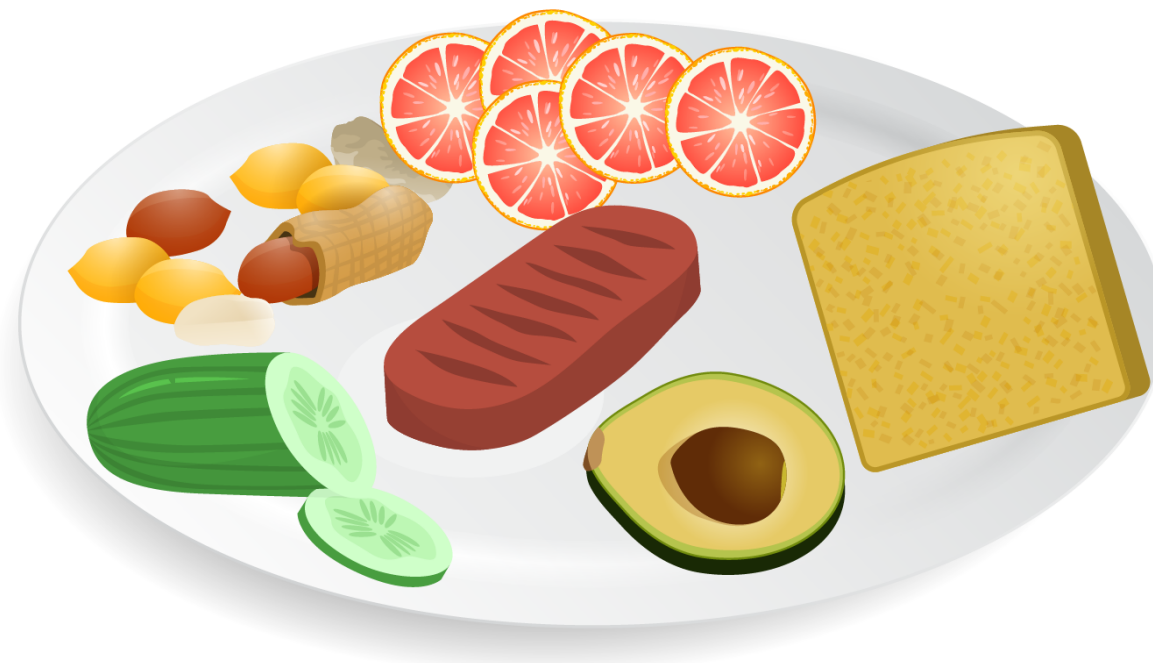
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SQUATS

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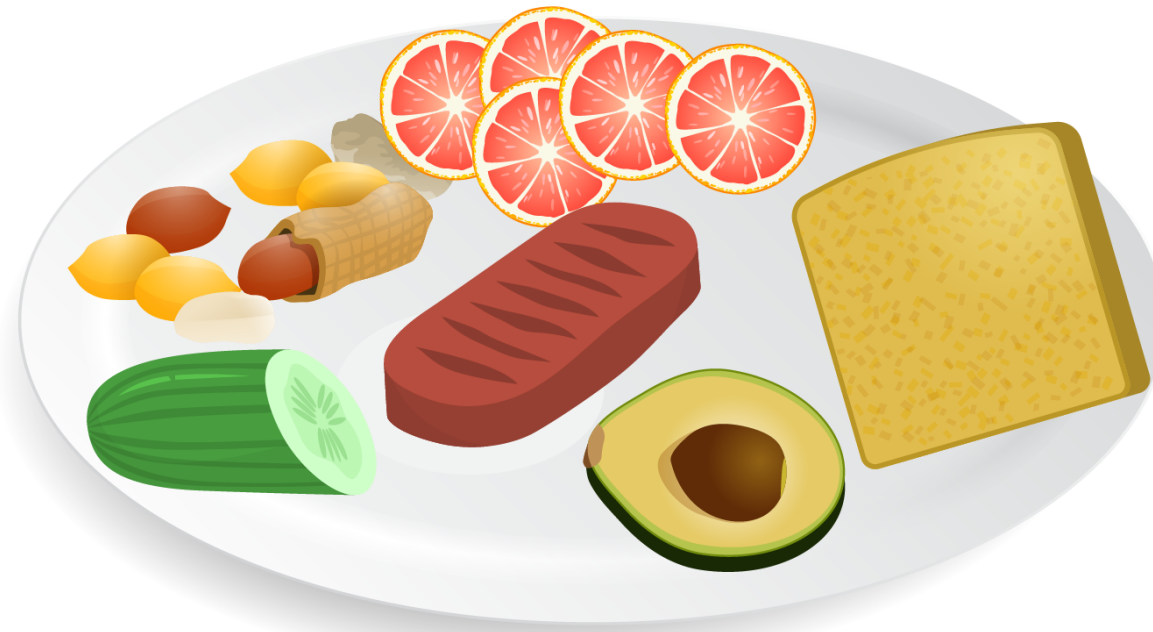


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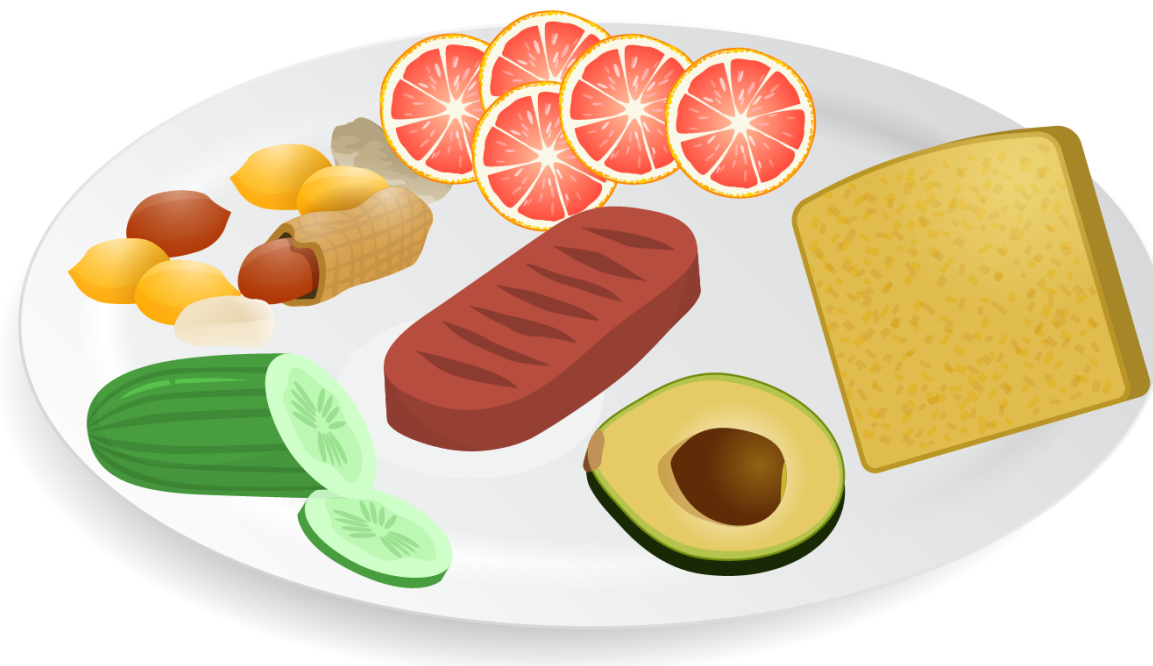


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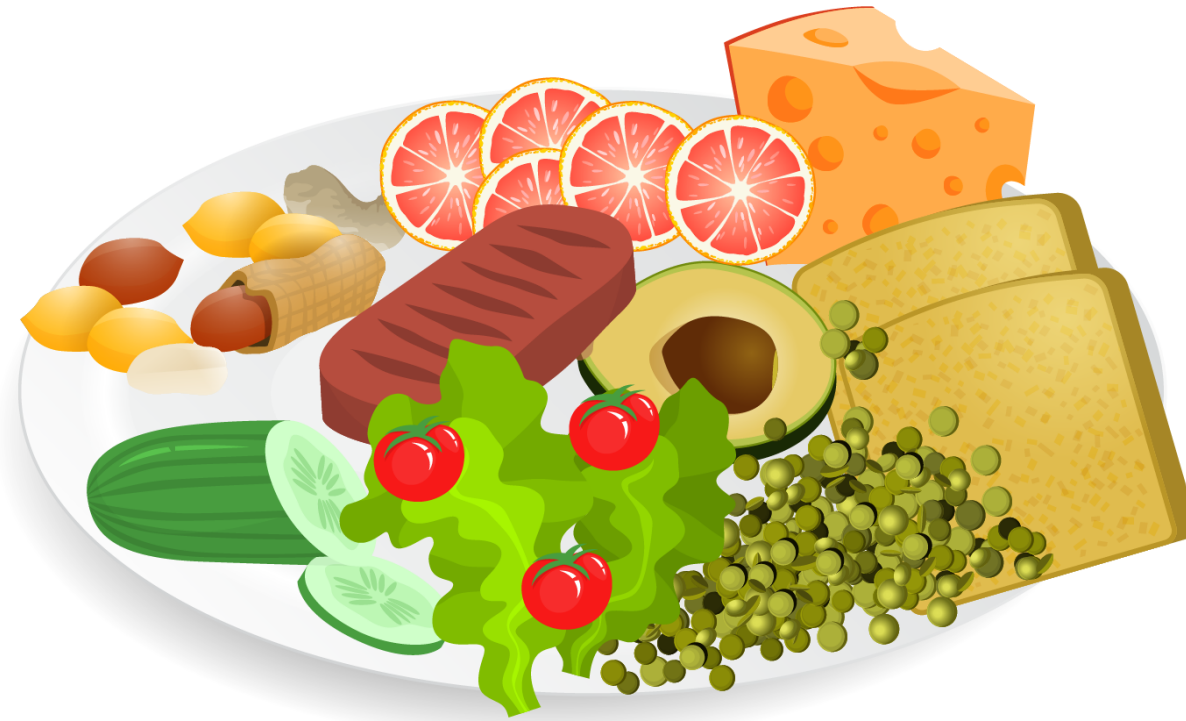
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BURPEES

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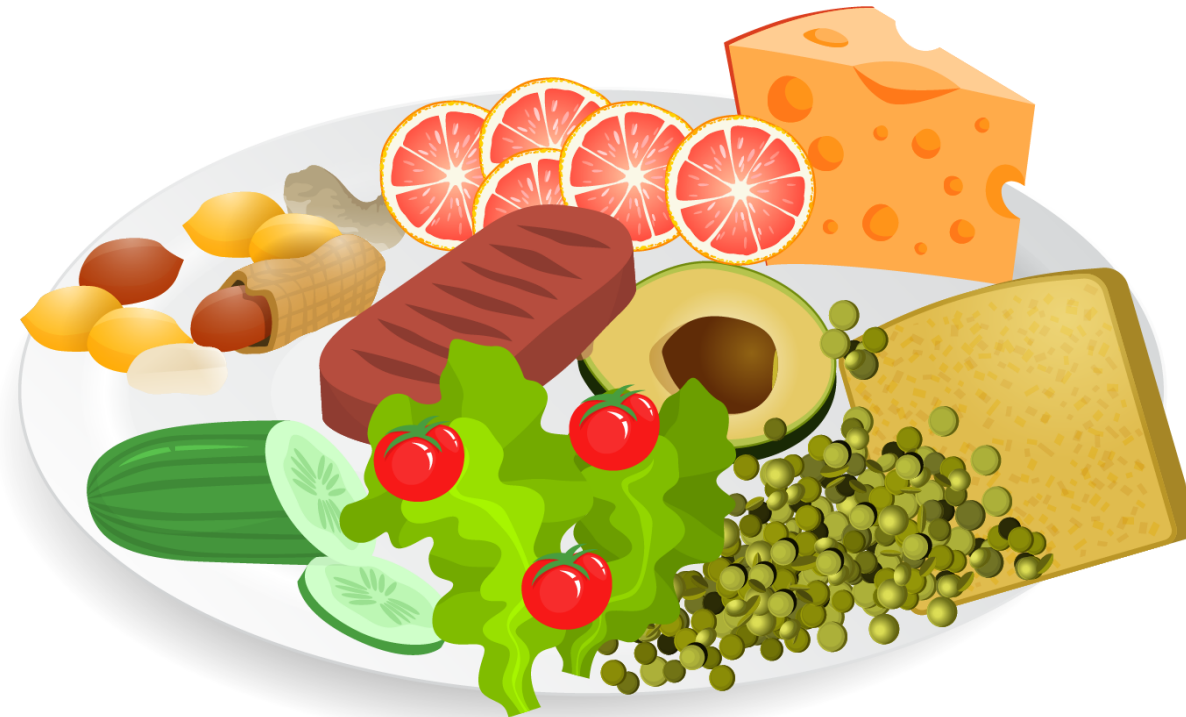
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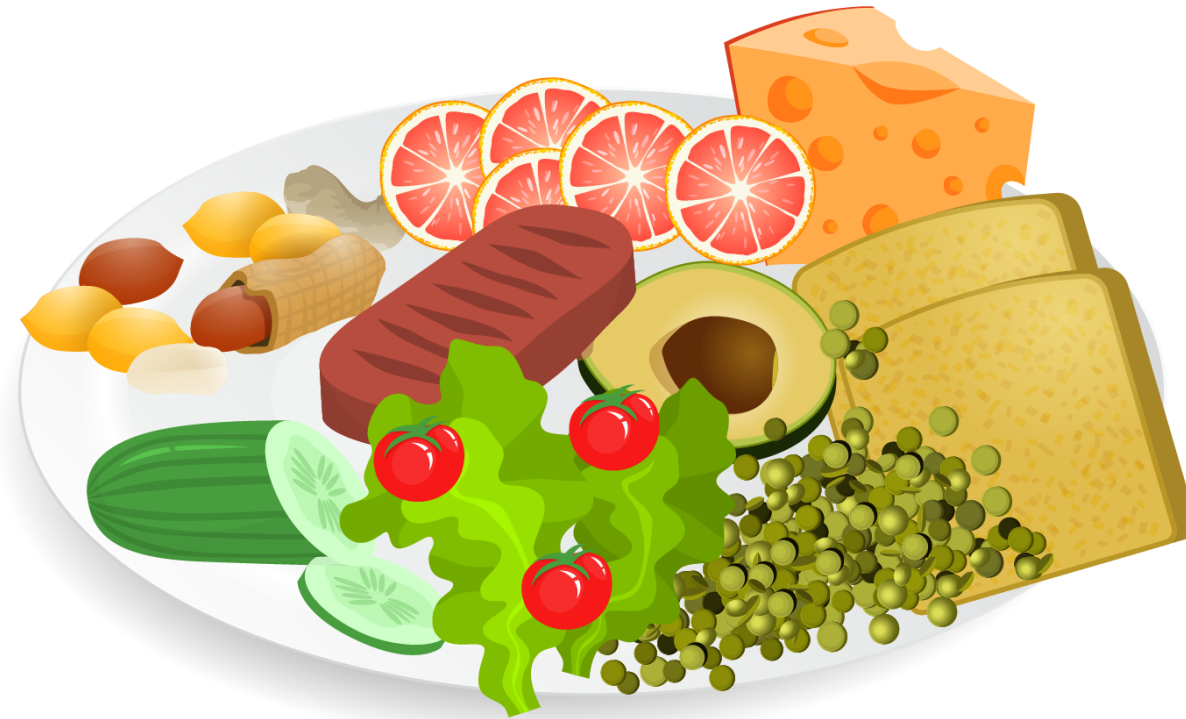


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## PLANK SHOULDER TAPS