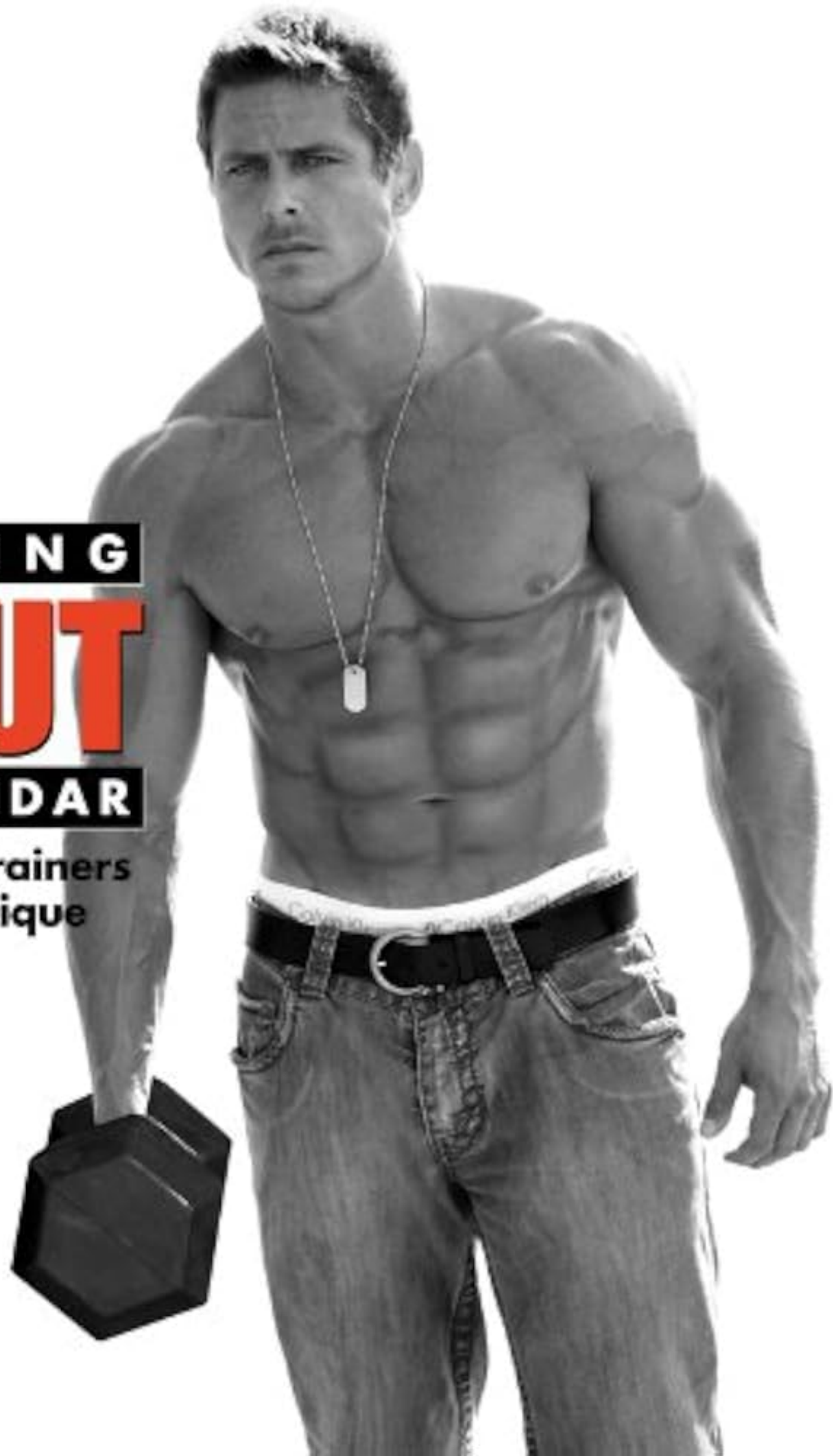


# 2011

## **BASIC TRAINING** **WORKOUT** **2011 WALL CALENDAR**

Includes tips from personal trainers  
for maintaining a great physique



Photography by Jason Ellis