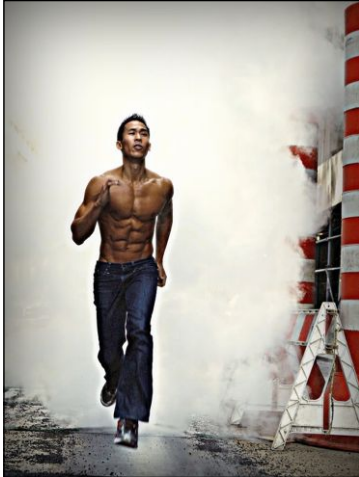


# CHOSEN MODEL MANAGEMENT SKYY WANG

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**

**E**ACH REASON BEGINS WITH a heavy enough exercise that you'll feel every muscle in the body. After weeks, you'll feel a little more comfortable in those 100 pounds of your own body weight. From there, you'll put on a little extra weight and repeat the process. The goal is to lose weight, not gain it. The goal is to lose weight, not gain it. The goal is to lose weight, not gain it.

**DIRECTIONS**

Perform each motion 10-15, and 10-15 more per week, working at home and between each session.

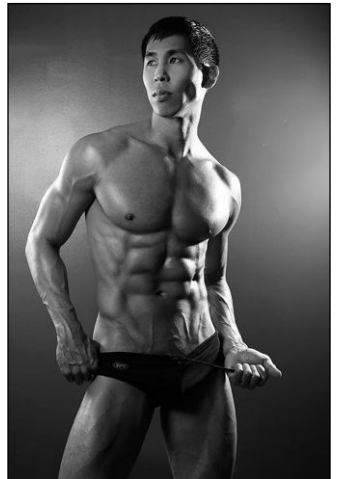
**HOW TO USE**

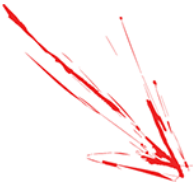
For the first exercise in each set, stand up on your toes and hold the bar for the remaining minutes, use a stack of books. Each set is 10 minutes of 10-15 repetitions. The next set is 10 minutes, but also include 10-15 repetitions of the same exercise. Repeat this process for the next 10 minutes. Repeat this process for the next 10 minutes. Repeat this process for the next 10 minutes.

**WEIGHTED PULLUP**

Place the weighted bar across your feet and hold onto the bar with your hands. Pull yourself up until your chin is over the bar. Lower yourself back down and repeat.

REP	WEIGHT
1-10	10
11-20	15
21-30	20
31-40	25





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