

REVIVE

HOW TO: MODIFY OR SUBSTITUTE EXERCISES EXERCISE MODIFICATIONS

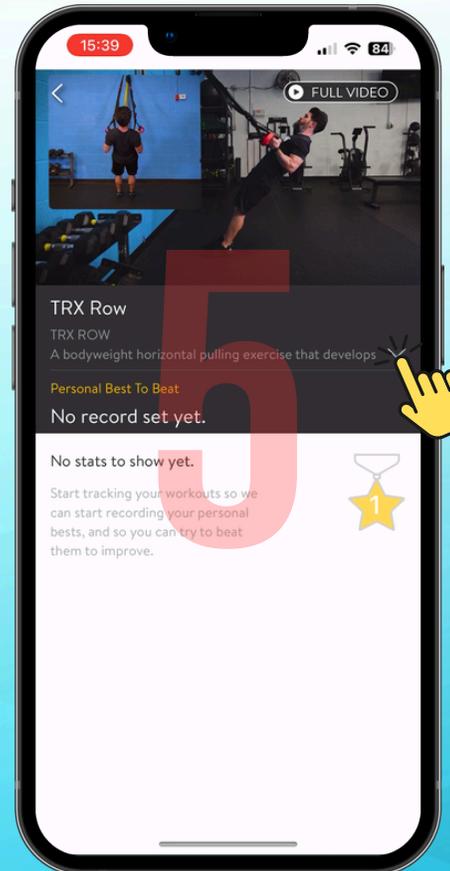
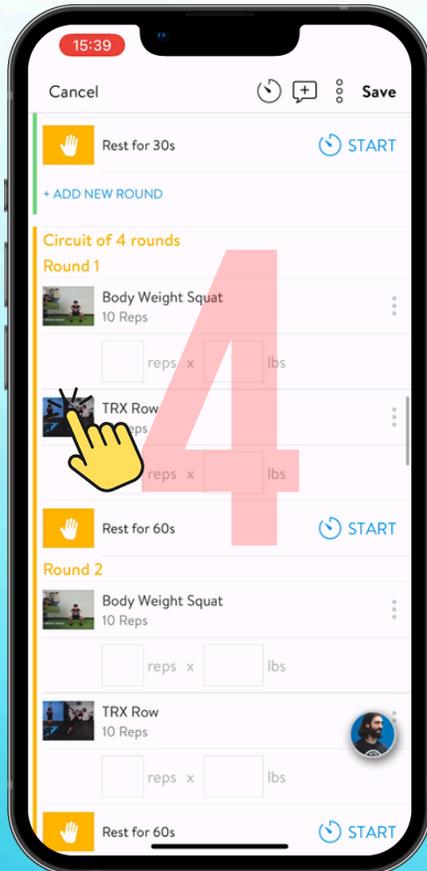
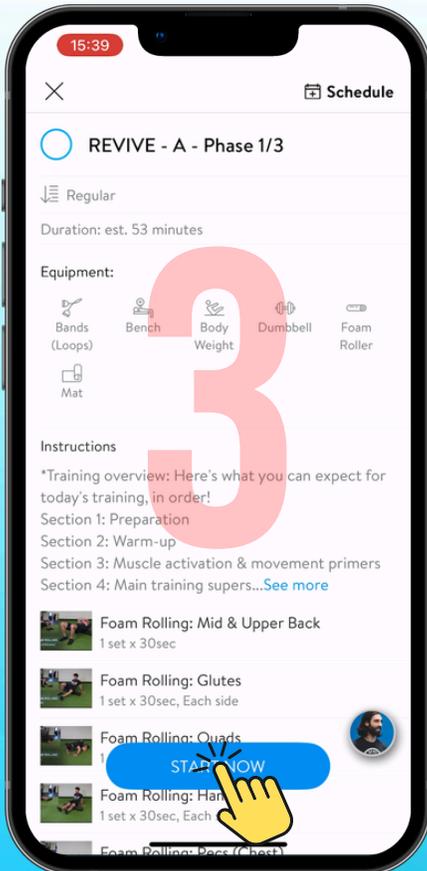
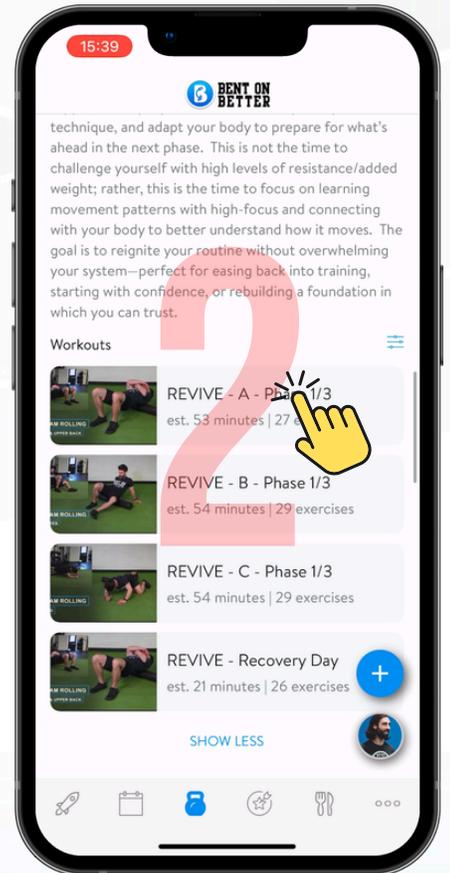
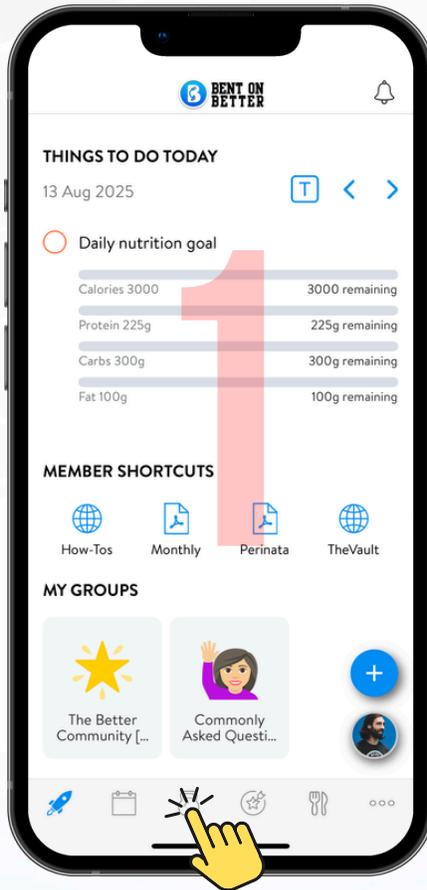
IN ORDER, FOLLOW THESE STEPS
TO FIND AND REPLACE
APPROPRIATE EXERCISE
SUBSTITUTIONS WHEN NEEDED.
LOOK FOR THE SYMBOLS BELOW
IN EACH OF THE STEPS.



CLICK/TAP



TYPE



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