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**Quote of the Day**
- Albert Einstein

*"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop exploring."*

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**Join the conversation**
- #USFCA
- #USFca

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**Trainer Recommendations**

**Diana**

- **Favorite music:** Metal.
- **Favorite piece of equipment:** Foam roller (and towel as a substitute).
- **Secret to fitness success:** Consistency and always keep learning.

**Rosemary**

- **Favorite music:** Homemade dal.
- **Favorite piece of equipment:** Resistance bands.
- **Secret to fitness success:** Train smarter, not harder, and always keep learning.

**Deirdre**

- **Favorite music:** Breath exercises and meditation.
- **Favorite piece of equipment:** Yoga mat.
- **Secret to fitness success:** Train smarter, not harder, and always keep learning.

**Maggie**

- **Favorite music:** Train smarter, not harder, and always keep learning.
- **Favorite piece of equipment:** Yoga mat.
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**Featured Workouts**

**Workout #1**

- **DIRECTIONS**
  - Hot yoga provides modifications and focuses on the plank movement.
  - He decreased your risk of depression, reduce stress and always keep learning.

**Workout #2**

- **DIRECTIONS**
  - Learn how to turn a pair of socks into a proper workout.

**Workout #3**

- **DIRECTIONS**
  - Decrease your risk of depression, reduce stress and always keep learning.

**Workout #4**

- **DIRECTIONS**
  - Get the ultimate rush when you always keep learning.

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**Celebration Corner**

- **Olivia**
  - **Favorite music:** Lovely Day (Bill Withers).
  - **Favorite piece of equipment:** Yoga mat.
  - **Secret to fitness success:** Train smarter, not harder, and always keep learning.

- **Jeremiah**
  - **Favorite music:** Kaleidoscope.
  - **Favorite piece of equipment:** Yoga mat.
  - **Secret to fitness success:** Train smarter, not harder, and always keep learning.

- **Ken**
  - **Favorite music:** Train smarter, not harder, and always keep learning.
  - **Favorite piece of equipment:** Yoga mat.
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**Healthy new habits (since sheltering in place):**

- **Favorite song:** Waiting.
- **Favorite comfort food:** Ramen.
- **Favorite music:** train smarter, not harder, and always keep learning.
- **Favorite piece of equipment:** Yoga mat.
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**Healthy new habits:**

- **Favorite song:** train smarter, not harder, and always keep learning.
- **Favorite comfort food:** Noodle soup, ramen, pho, udon.
- **Favorite music:** train smarter, not harder, and always keep learning.
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**Training philosophy:**

- **Favorite music:** train smarter, not harder, and always keep learning.
- **Favorite piece of equipment:** Yoga mat.
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**Celebration Corner**

- **Deirdre**
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