



WEEK Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Chest & Back Vertical Plyo  
Shoulders & Arms Legs & Back Speed & Agility ... INSANITY ASYLUM . Title: Asylum  
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**‘Sunny Day’ Knitting Pattern 16-Knitting Pattern 16 ---20 ...**

Double Knitting : 22 Stitches And 30 Rows To 10 Cm. (4 Inches) On A 4 Mm (US 6) Needle. \*The Pattern Is Written Using The Terms ‘larger’ And ‘smaller’ Needles. If You Are Knitting For An 18- 20”doll/0-3m Baby Use DK Yarn And 4mm (larger) And 3¼ Mm (smaller) Needles As Listed In Materials. For The 16-17” Doll/premature Baby 1th, 2024

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7 MONDAY ...**

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**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

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**Day: 1 Day: 2 Day: 3 Day: 4 Day: 5 Day: 6 Day: 7 Breakfast ...**

Regular Diet: Receives A Salt Packet At Each Meal As Resident Desires. NCS Diet: Receives Diabetic Condiments And Provides Half Portions Of Dessert Items And Skim Milk. Renal Diet: Limit Tomatoes, Oranges, And Bananas, 1th, 2024

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Cross Pocket Prayer Cloth (knit) (easiest Knitting Pattern) Cross Pocket Prayer Cloth (knit) (easiest Knitting Pattern) Measures 3 3/4" X 4 3/4" Size 7 Needles OR Measures 2 1/2" X 3 1/2" Size 5 Or 6 Needles (depending Upon How Loose You Knit) And ... (10 Cm) In Garter St (knit Every Stitch On Every Row). Oct 1th, 2024

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