

A woman with blonde hair tied back, wearing a coral-colored tank top and black leggings, is lifting two black dumbbells. She is in a gym setting with other people in the background, some of whom are also lifting weights. The image is split diagonally, with the top-left portion being a solid black background containing white text.

# **Jump start the NEW YEAR and see results!**

- **GET FIT**
- **GET HEALTHY**
- **HAVE FUN**

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