

web **exercises**®

A stylized red graphic of a person in motion, possibly jumping or running, positioned over the word 'exercises'. The figure consists of a solid red circle for the head, a thick red line for the torso and limbs, and a curved red line for the legs, suggesting a dynamic pose.

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Primary
RGB 197 / 46 / 46
HEX #C52E2E



Secondary
RGB 120 / 16 / 16
HEX #781010



Tertiary
RGB 19 / 97 / 145
HEX #136191



Black
RGB 0 / 0 / 0
HEX #000000

White
RGB 255 / 255 / 255
HEX #FFFFFF