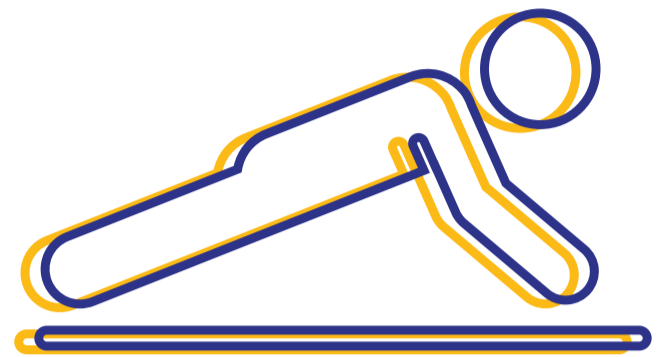


Consistency before Intensity

5 PUSHUPS EVERY MORNING

30 Days

Establish then enhance.



1	2	3	4	5	6	7	8
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9	10	11	12	13	14	15	16
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17	18	19	20	21	22	23	24
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25	26	27	28	29	30		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		