

# 30 DAY SHRED

## LEVEL 1



DAY2

DAY3

DAY4

DAY5

UNLESS YOU PUKE, FAINT, OR DIE, KEEP GOING!

DAY6

DAY7

DAY8

DAY9

DAY10

## LEVEL 2

DAY11

DAY12

DAY13

DAY14

DAY15

WHY CHOOSE TO FAIL WHEN SUCCESS IS AN OPTION?

DAY16

DAY17

DAY18

DAY19

DAY20

## LEVEL 3

DAY21

DAY22

DAY23

DAY24

DAY25

WHO IS THE NEW YOU? SHOW ME THE NEW YOU!

DAY26

DAY27

DAY28

DAY29

DAY30