

#75hard



#75hard

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56
57	58	59	60	61	62	63
64	65	66	67	68	69	70
71	72	73	74	75		

DAILY RULES



FOLLOW A DIET



[2] 45 MIN WORKOUTS



TAKE A PROGRESS PIC



1 GALLON OF WATER



10 PAGES OF READING

*1 WORKOUT MUST BE OUTDOORS

**START ON DAY 1 IF YOU FAIL

***NO ALCOHOL OR CHEAT MEALS

@ANDYFRISELLA