

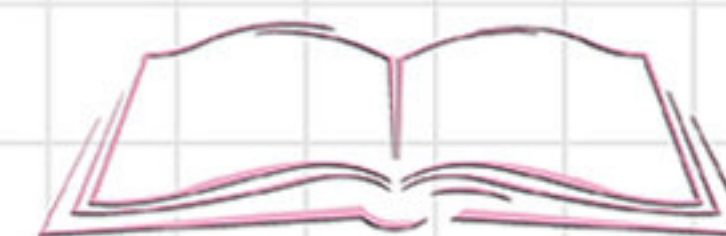


75hard

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		



TWO 45 MIN WORKOUTS
ONE MUST BE OUTSIDE



READ 10 PAGES
OF THE BOOK



TAKE A PROGRESS PIC



DRINK 1 GALLON
OF WATER



FOLLOW A NUTRITION PLAN
(NO ALCOHOL OR CHEATS)

