

LOOK IN THE
MIRROR....
THAT'S YOUR
COMPETITION.

**ONCE
YOU
SEE**
RESULTS
IT BECOMES
AN ADDICTION.

IT DOESN'T
REALLY
MATTER WHO
I USED TO BE.
ALL THAT
MATTERS IS
WHO I HAVE
BECOME.

WHEN YOU WANT TO
SUCCEED AS BAD
AS YOU WANT TO
BREATHE
THEN YOU WILL BE
SUCCESSFUL

You're not
going to
get the
butt you
want by
sitting on it.



WILL IT BE
EASY?
NOPE.
WORTHIT?
ABSOLUTELY.

THIS IS NOT
A QUICK FIX,
IT'S A
Permanent
CHANGE.



★
EVERY
ACCOMPLISHMENT
STARTS WITH
THE DECISION
TO TRY.
★

IF YOU'RE TIRED
OF
STARTING OVER
----- Stop -----
GIVING UP!

3 MONTHS
FROM NOW,
YOU WILL
THANK
YOURSELF.

IN LIFE, YOU HAVE
3 CHOICES
GIVE UP, GIVE IN, OR
GIVE IT YOUR ALL!

The Best
WAY
to get
SOMETHING
DONE
is to
BEGIN

DISCIPLINE
is choosing
between what
you want now
and what you
want most.

I WORKOUT
BECAUSE
I LOVE
MY BODY
NOT BECAUSE
I HATE IT

A YEAR
FROM NOW
YOU WILL WISH
YOU HAD STARTED
TODAY


THE ONLY
BAD
WORKOUT
IS THE ONE
YOU DIDN'T DO

don't
let
the
scale
define
you.

DON'T GIVE UP
WHAT
YOU MOST
WANT IN LIFE
FOR SOMETHING
YOU THINK
YOU WANT
NOW

IM
DOING
THIS
FOR
ME



GET SLEEP
EAT CLEAN
DRINK WATER
EXERCISE
REPEAT