

FITNESS ROOM



IMPROVE THE
YOUR HEALTH
NOT EXERCISE

GET
YOUR
TRAINING
PROGRAM
RE
BE
TECHNIQUE



MUSCLES
ARE ONLY
BY FEELING
NOT BY SEEING



WINDY WIND
THESE
PAINFUL
JAZZ
SOUND





WORK
SWEAT
ACHIEVE



WORK HARD
Challenge
HIT LOSS
Health
GOALS



STAYING
STRONG
WILL NEVER
BE FAR
AWAY
FROM
HAVING IT W

FITNESS





GETTING
STRONGER
EACH
DAY

SLOW
PROGRESS
IS
BETTER
THAN
NO PROGRESS

DONT FORGET TO

HUSTLE





CORENGTH

CORENGTH

SQUAT
REPEAT.





T3500

VIVO FITNESS

VIVO FITNESS

