



MONIQUE NIKKOLE

FREE 3 PAGE  
PDF GUIDE

MONIQUE NIKKOLE'S

# SIMPLE APPROACH TO GETTING AND STAYING IN GREAT SHAPE



Welcome to my  
Simple Fitness  
Approach to  
getting and,  
staying in the best  
shape of my life!

I'm excited to  
share this free pdf  
with you and I  
can't wait to share  
more with you in  
the future!



*Eat Right*



*Move &  
Sweat*



*Strength  
Train*



*Hydrate*



*Rest*

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Simple  
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