

#100DayChallenge



Personal & Group Training | Boot Camp Classes

DAY	DATE	PUSH UPS	SQUATS	DONE!!!
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
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Day 50				

DAY	DATE	PUSH UPS	SQUATS	DONE!!!
Day 51				
Day 52				
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Day 100				