

30 DAY SHRED

Desnity is not a metter of chance

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|---------|-------|-------|-------|-------|--------|
| LEVEL 1 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |

It is a metter of choice

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|---------|--------|--------|--------|--------|--------|
| LEVEL 2 | DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |

It is a thing to be waited for

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|---------|--------|--------|--------|--------|--------|
| LEVEL 3 | DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| | DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |

It is a thing to be achieved

| MEASUREMENTS | BEFORE | AFTER |
|--------------|--------|-------|
| WEIGHT | | |
| CHEST | | |
| WAIST | | |
| HIPS | | |
| THIGH | | |