

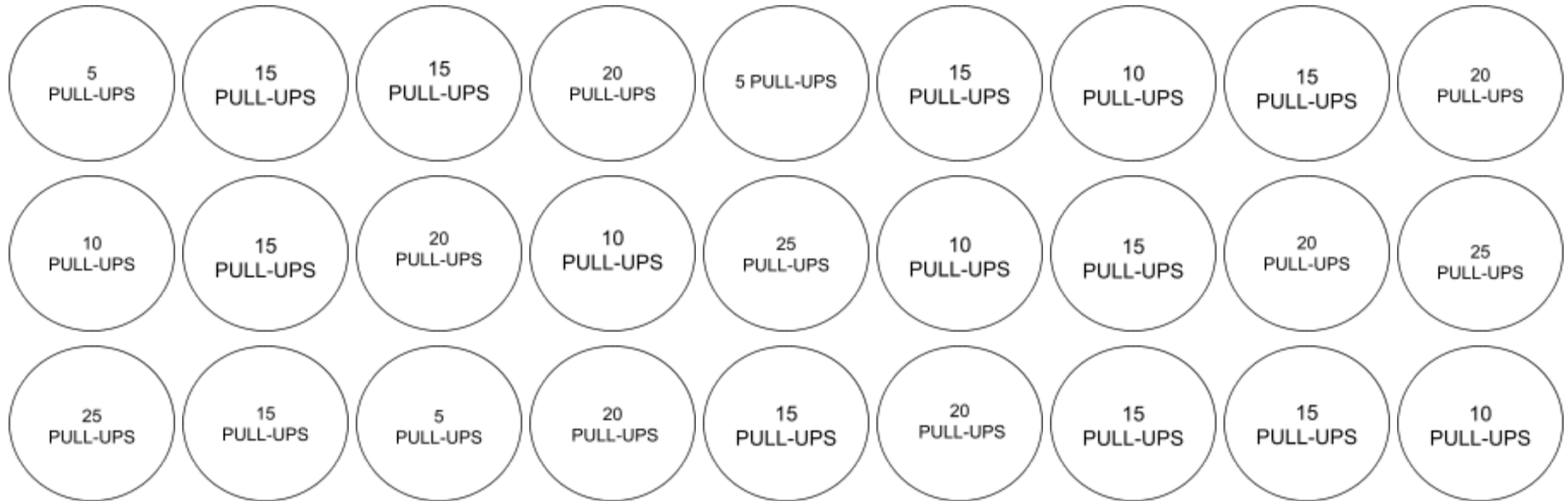


MONTHLY CHALLENGE

MARCH: PULL-UPS

★ Each circle indicates completion of a certain number of pull-ups to complete each day

★ You may complete TWO circles per day



PROGRESSIONFITNESS
COMMUNITY • FITNESS • PASSION