

# 30 DAYS TO A BULLETPROOF BODY

## 30-DAY CALENDAR

### WEEK 1

SUNDAY

MONDAY

TUESDAY

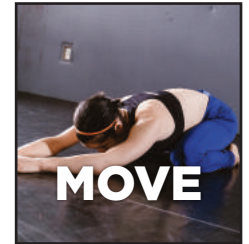
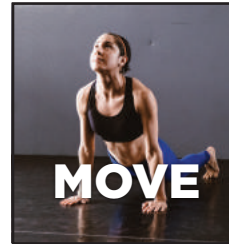
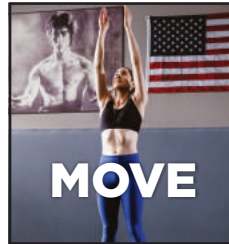
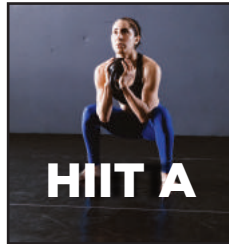
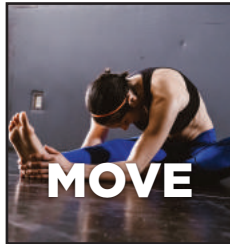
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

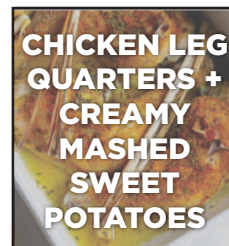
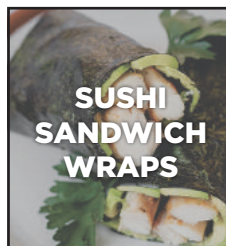
WORKOUT



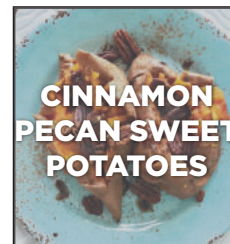
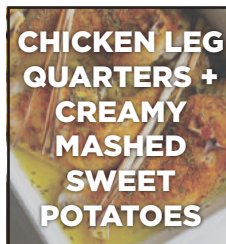
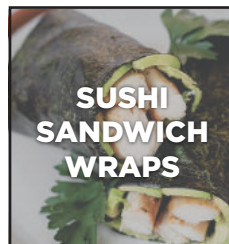
BREAKFAST



LUNCH



DINNER



# 30 DAYS TO A BULLETPROOF BODY

## 30-DAY CALENDAR

### WEEK 2

SUNDAY

MONDAY

TUESDAY

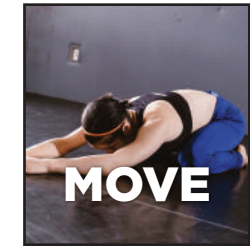
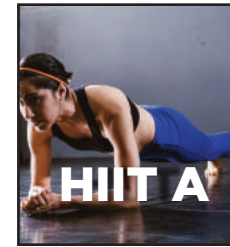
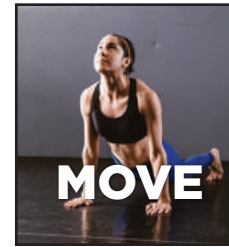
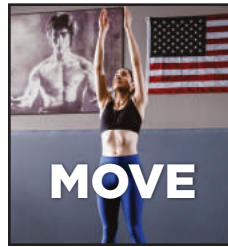
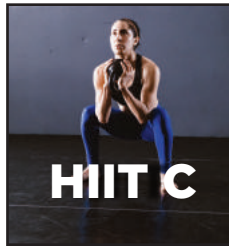
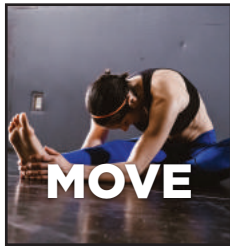
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

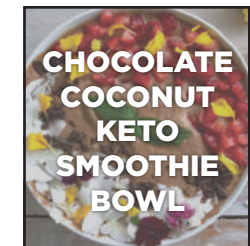
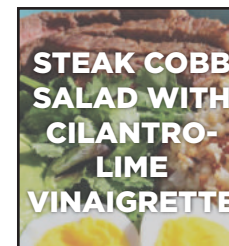
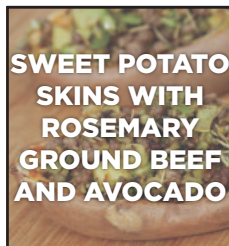
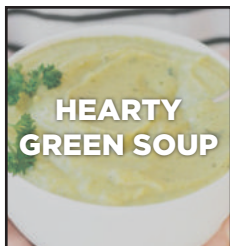
WORKOUT



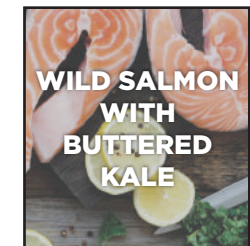
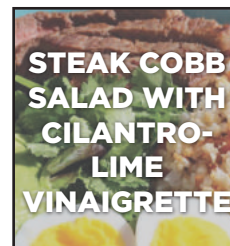
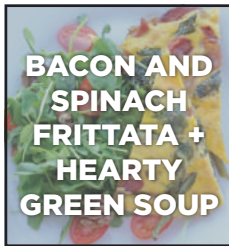
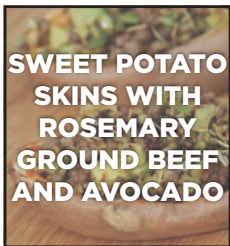
BREAKFAST



LUNCH



DINNER





# 30 DAYS TO A BULLETPROOF BODY

## 30-DAY CALENDAR

### WEEK 3

SUNDAY

MONDAY

TUESDAY

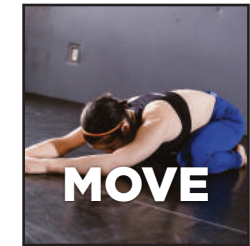
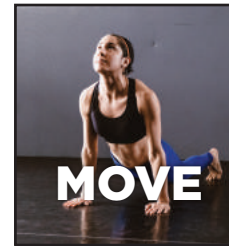
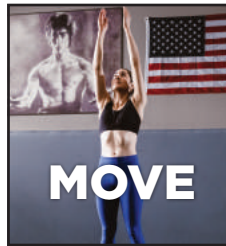
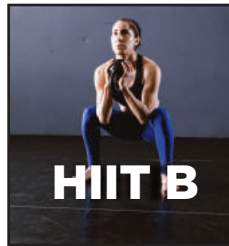
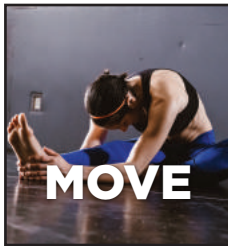
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

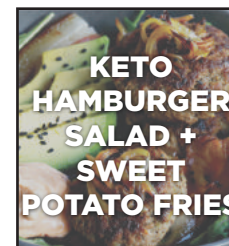
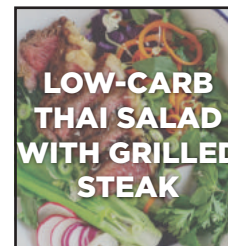
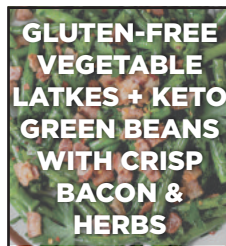
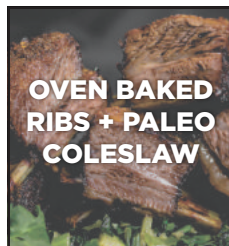
WORKOUT



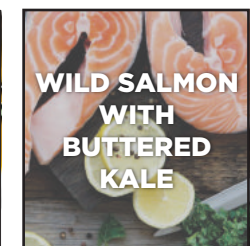
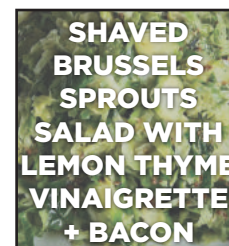
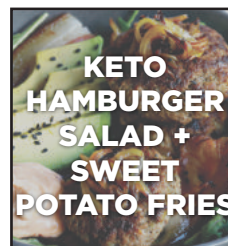
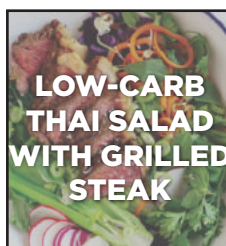
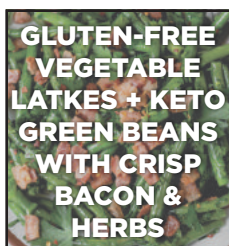
BREAKFAST



LUNCH



DINNER



# 30 DAYS TO A BULLETPROOF BODY

## 30-DAY CALENDAR

### WEEK 4

SUNDAY

MONDAY

TUESDAY

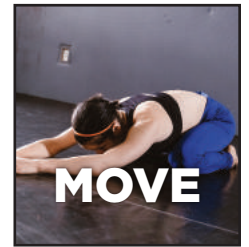
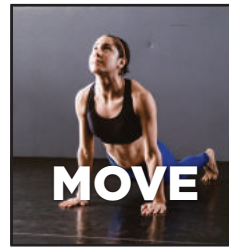
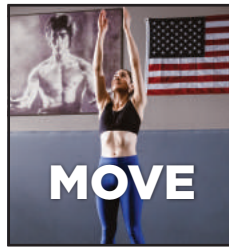
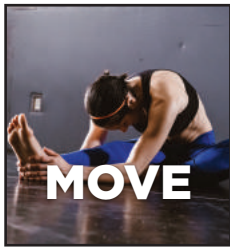
WEDNESDAY

THURSDAY

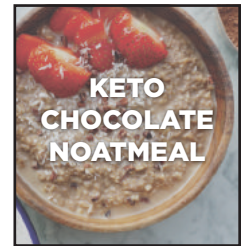
FRIDAY

SATURDAY

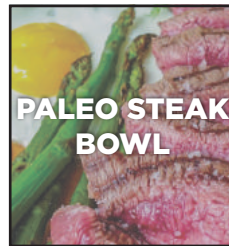
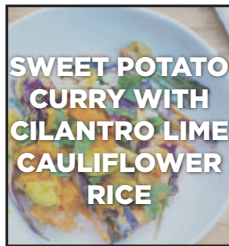
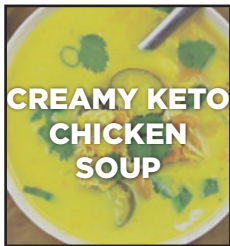
WORKOUT



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