

THE ONLY BAD
WORKOUT IS
THE ONE

YOU DIDN'T DO

DISCIPLINE
IS JUST CHOOSING BETWEEN
WHAT YOU WANT
NOW
AND
WHAT YOU WANT
MOST.

BELIEF IN YOURSELF AND
YOUR FITNESS GOALS IS
THE IGNITION SWITCH
THAT GETS YOU OFF THE
SOFA AND INTO YOUR
GYM SHOES.

It's hard to get fit,
but it's harder to look at
the mirror and dislike
what you see.


SWEAT
MORE
BITCH
LESS

THIS IS
NOT A QUICK FIX.

IT'S
A PERMANENT
CHANGE.

WHEN I LOST
ALL MY
EXCUSES
I FOUND
★ ALL MY ★
RESULTS

FITNESS ISN'T OWNED
IT'S RENTED
AND YOU HAVE TO
PAY RENT
EVERYDAY


KEEP CALM
AND
EXERCISE
To be fit, not skinny

It Is
About
You
VERSUS
YOURSELF
BE BETTER
THAN
Yourself

PROVE
THEM
WRONG

YOU
ONLY
FAIL
WHEN
YOU
STOP
TRYING.

ॐ
I do Yoga to
relieve stress
JUST KIDDING...
(I DRINK WINE IN YOGA PANTS)

SQUAT
SQUAT
SQUAT
SQUAT

F·I·T·N·E·S·S
LIFE

I'M WORKING
ON MY SELF
FOR MY SELF
BY MY SELF

EXCUSES
DON'T BURN
CALORIES

EXERCISE
MAKES
ME
SALTY

DROP IT
LIKE A
SQUAT

PUSH YOURSELF
— because —
NO ONE ELSE IS
GOING TO DO
IT FOR YOU