

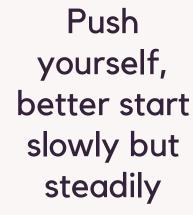
DO'S AND DON'TS



DO'S

**DON'TS** 

Make it a habit and stick to it



Be realistic, your exercise goals can't be achieved overnight Give up, you better keep going no matter what obstacles you face

Switch it up, train all your muscle, do not focus in the same place all the time

Overdo it, allow your body to rest and recover