

























IT TAKES  
**4 WEEKS**  
FOR YOU TO NOTICE  
A CHANGE.

IT TAKES  
**8 WEEKS**  
FOR YOUR FRIENDS  
TO NOTICE.

IT TAKES  
**12 WEEKS**  
FOR THE REST OF  
THE WORLD TO  
TO NOTICE A CHANGE.

IT TAKES  
**ONE DAY**  
TO DECIDE  
IF YOU ARE ENOUGH.

































































































































**ON GOOD DAYS,  
WORKOUT**

**ONE BAD DAYS  
WORKOUT  
HARDER**





































**PUSH  
YOURSELF  
BECAUSE  
NO ONE ELSE  
IS GOING TO DO IT  
FOR YOU**

**TRAIN  
INSANE  
OR  
REMAIN  
THE SAME**

**PUSH  
YOURSELF  
BECAUSE  
NO ONE ELSE  
IS GOING TO DO IT  
FOR YOU**

**TRAIN  
INSANE  
OR  
REMAIN  
THE SAME**













**ONE  
MORE  
REP**

**POWER  
LIFTING**

**FITNESS**

**YOU'RE  
ONE  
DAY  
CLOSER**

# MUSCULAR GYM









planet  
fitness

YOU  
ARE STRONGER  
AN  
YOU  
THINK







IT'S A LONG  
PROCESS BUT  
QUITTING WON'T  
SPEED IT UP



**PUSH  
YOURSELF  
BECAUSE  
NO ONE ELSE  
IS GOING TO DO IT  
FOR YOU**



**GET BIG FAST**



IT'S A LONG  
PROCESS BUT  
QUITTING WON'T  
SPEED IT UP



**PUSH  
YOURSELF  
BECAUSE  
NO ONE ELSE  
IS GOING TO DO IT  
FOR YOU**



**GET BIG FAST**









COME WITH ME  
\*\* IF YOU \*\*  
WANT TO LIFT

ONE  
MORE  
REP

MUSCLE  
FACTORY

POWER  
LIFTING



















