

FITNESS TIP OF THE DAY

By Bruce

THE TEN COMMANDMENTS OF TRAINING:

1. EAT A BALANCED DIET
2. KEEP A FOOD LOG
3. KEEP A TRAINING LOG
4. VARY YOUR ROUTINE
5. REST
6. STRETCH
7. LIFT MORE WEIGHT
8. USE PROPER FORM
9. CROSS TRAIN
10. DRINK TONS OF WATER!

IF YOU ARE DEFICIENT IN ANY OF
THESE AREAS,,,,,,

HELP IS AVAILABLE!!!!