



STRONG

READ MORE  
BE HAPPY  
VOLUNTEER FREEL

LOVE ALWAYS  
LIVE FOR OTHER

HARD  
DREAM  
BIG

P.SERIES  
LED TV

smart TV

4K

Target  
SILVERADO



ON FOCUS

ON MOTIVATION

ON DEDICATION

OFF EXCUSES

YOU I BODY WHO WERON KEEP STRUMENT

FITNESS

FITNESS

BIIFUS



RESILIEN  
NUTRITION  
ACHIEVE  
MOVEMENT  
HEALTH  
LIFESTYLE  
RUN

ENDUR  
WELLN

SS  
ATION

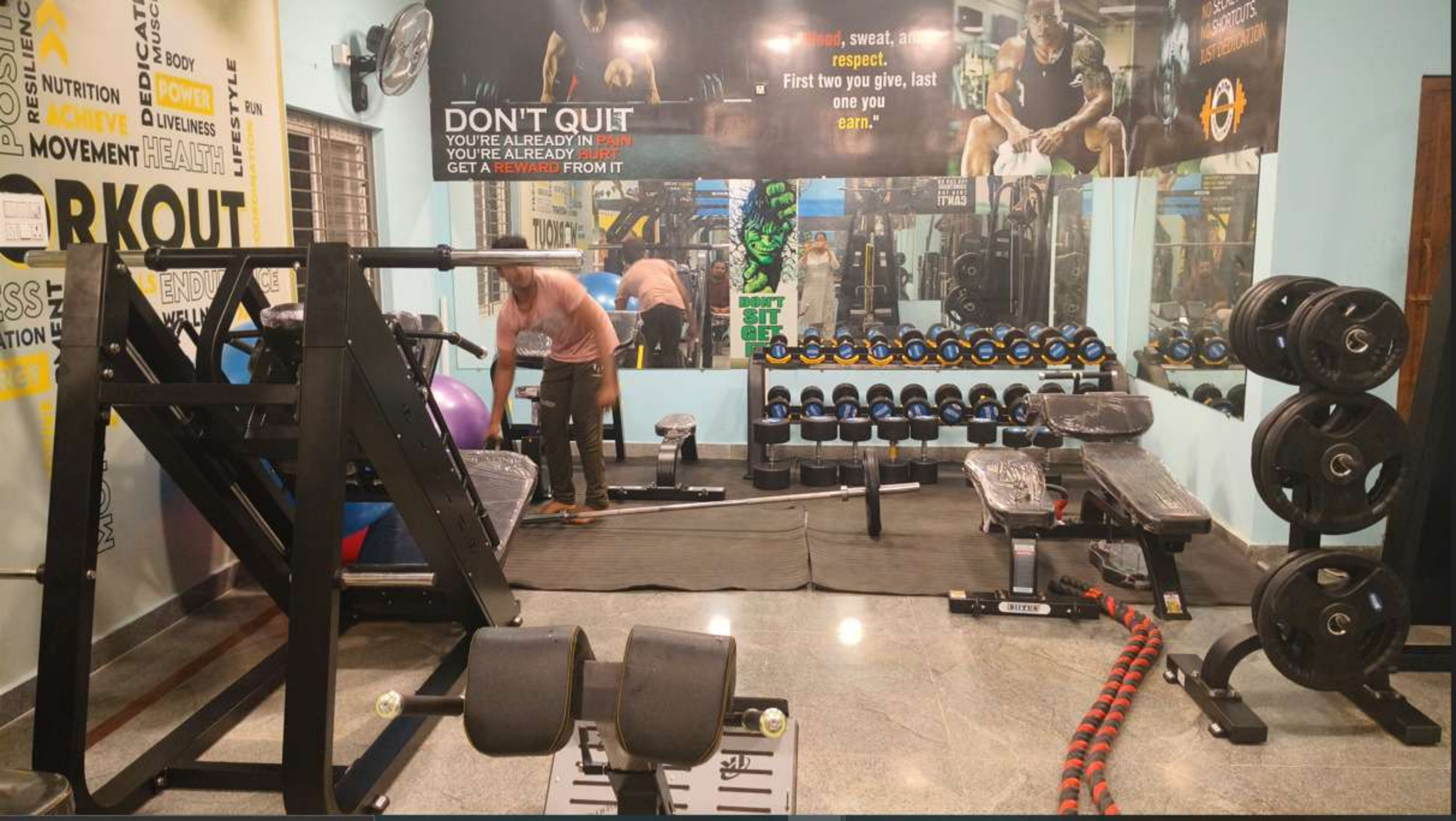
Wood, sweat, and respect.  
First two you give, last one you earn."  
**DON'T QUIT**  
YOU'RE ALREADY IN PAIN  
YOU'RE ALREADY HURT  
GET A REWARD FROM IT

**PORKOUT**

ENDUR  
WELLN

SS  
ATION

SS  
ATION



**HARDEST**



"My biggest competition is always myself. I mean no one else, but I do not look at anyone else as being my competition for the simple reason that I can't control

I can only control how I look

**NO PAIN NO GAIN  
SHUT UP AND LIFT**

I will do what you won't today  
So I can do what you can't tomorrow



It's too...  
It's too...  
It's rain...  
It's too...  
LET'S...



YOU  
EAT BEANS  
EAT PEAS  
A TEA



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GET A REWARD FROM IT

First two you give, last  
one you  
earn."

