75 HARD CHALLENGE

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2 x 45 MINUTE WORKOUT									2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS									NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES									PROGRESS PICTURES							
DRINK 1 GALLON OF WATER									DRINK 1 GALLON OF WATER							
READ 10 PAGES									READ 10 PAGES							
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