

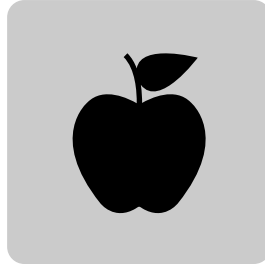


UNBREAKABLE

3 BASIC FOCUSES - 5 DAYS A WEEK - 15 DAYS TOTAL



Exercise



Nutrition



Recovery

OCTOBER 12th - 30th

M	T	W	T	F	S	S
12	13	14	15	16	OFF	
19	20	21	22	23	OFF	
26	27	28	29	30	OFF	