

STRONGER GUM



ADVANCED PROGRAM

MONDAY

STRONGER GUM EXTRA TOUGH
STRONGER GUM

5 MINUTES
30 MINUTES

TUESDAY

STRONGER GUM EXTRA TOUGH
STRONGER GUM REGULAR

5 MINUTES
30 MINUTES

WEDNESDAY

REST

THURSDAY

STRONGER GUM EXTRA TOUGH
STRONGER GUM REGULAR

5 MINUTES
30 MINUTES

FRIDAY

STRONGER GUM EXTRA TOUGH
STRONGER GUM REGULAR

5 MINUTES
30 MINUTES

SATURDAY

REST

SUNDAY

STRONGER GUM EXTRA TOUGH
STRONGER GUM REGULAR

5 MINUTES
30 MINUTES