

# STRONGER GUM



## ADVANCED PROGRAM

MONDAY	STRONGER GUM EXTRA TOUGH STRONGER GUM	15 MINUTES 30 MINUTES
TUESDAY	STRONGER GUM EXTRA TOUGH STRONGER GUM REGULAR	15 MINUTES 30 MINUTES
WEDNESDAY	REST	
THURSDAY	STRONGER GUM EXTRA TOUGH STRONGER GUM REGULAR	15 MINUTES 30 MINUTES
FRIDAY	STRONGER GUM EXTRA TOUGH STRONGER GUM REGULAR	15 MINUTES 30 MINUTES
SATURDAY	REST	
SUNDAY	STRONGER GUM EXTRA TOUGH STRONGER GUM REGULAR	15 MINUTES 30 MINUTES