

STRONGER GUM



EXPRESS PROGRAM

MONDAY

STRONGER GUM EXTRA TOUGH

10 MINUTES

TUESDAY

STRONGER GUM EXTRA TOUGH

10 MINUTES

WEDNESDAY

REST

THURSDAY

STRONGER GUM

STRONGER GUM EXTRA TOUGH

10 MINUTES

FRIDAY

STRONGER GUM EXTRA TOUGH

10 MINUTES

SATURDAY

REST

SUNDAY

STRONGER GUM EXTRA TOUGH

10 MINUTES