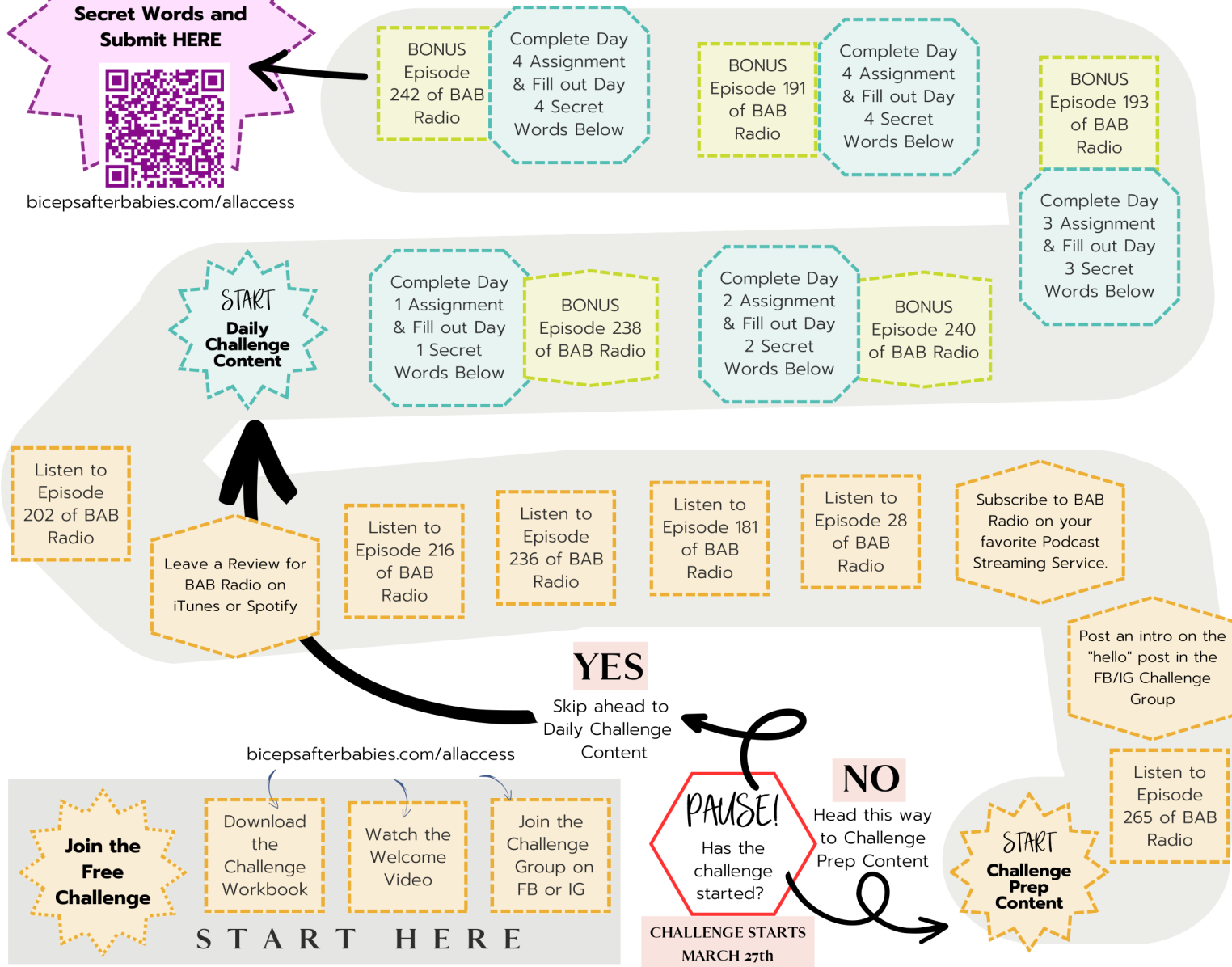


5 DAYS TO A FITTER YOU Roadmap

CONGRATS!
Fill out the 10 Secret Words and Submit HERE



bicepsafterbabies.com/allaccess



SECRET WORDS

On each day of the challenge, there will be two words to collect. The first word of the day will be found in the daily emails with your daily assignment. The second words will be given during the day's live training. Collect all 10 secret words through the week and qualify for some prizes!

Day 1 Email Word

Day 1 Live Training

Day 2 Email Word

Day 2 Live Training

Day 3 Email Word

Day 3 Live Training

Day 4 Email Word

Day 4 Live Training

Day 5 Email Word

Day 5 Live Training