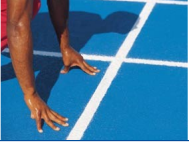


MY PERSONAL TRAINING PROGRAMME

Ideas can be transferred to the A5 sheets to share with others.



- STEP 1**
Personalise the training
- STEP 2**
Keep stretching yourself
- STEP 3**
Work out a rhythm
- STEP 4**
Keep close relationships
- STEP 5**
Complete the course

ISSUES>>> What are the things you struggle with here?	IDEAS TO SHARE>>> What ideas are there for training wisely?	NEXT STEP>>> What is your next step?