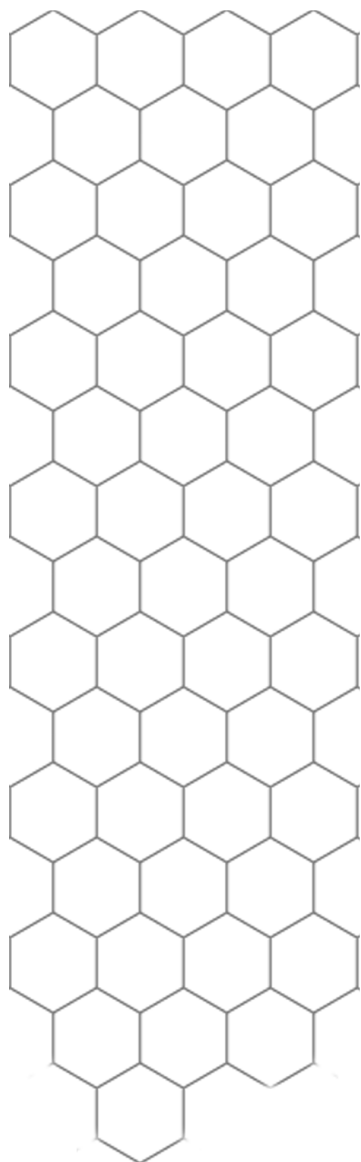


2019 Workouts

Fill in one space each time you finish a strength workout or one hour of cardio!

STRENGTH



CARDIO



tiny changes  big results

For more, visit tinyfitnesshouston.com/2019