



REPORT 1

BADASS BODY BLUEPRINT

10K VISION EXERCISE MANUEL

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Write a page about what your perfect body would feel, look and be like. These questions will help you get going...

What is your height? Your Weight? Body fat percentage? Jaw line is cut or round? Hair colour? Hair Length? Eye colour? Teeth Straight? White or stained? Body Fat %? Chest, Shoulder, arm, forearm, waist, hips, thigh, calf measurements? How much do you curl? How many sets? How many reps? Whats your 1MR for bicep curls? How much do you bench? How many sets? How many reps? Whats your 1MR for bench press? How much do you incline bench? How many sets? How many reps? Whats your 1MR for incline bench? How much do you squat? How many sets? How many reps? Whats your 1MR for front squat? How do you eat daily? What foods do you normally put into your body? Do you fast? Do you drink green juice? Do you allow yourself to enjoy life and at random times splurge? Do you let food control you? How much do you sleep? Do you wake up tired or excited for life, for another day alive? What kind of workouts do you do? What does your partner/other people think about your body? Are you proud of it? Doesn't it make you think you can take on the world ;) ? How vascular are you? Is there a separation between your shoulders and arms? How's your ~~SEX~~ six pack? Draw it out! Do you hate clothes now that you resemble a greek god/goddess?

How many pull-ups can you do? How many chin ups can you do? What do your legs look like? How high can you jump? How big are your calves? How defined are they? Can you touch your toes? How flexible are you? Do you have any joint pain or aches? How fast can you run a 100m sprint? How fast can you run a mile? Do you even care about running? Do you/can you swim? Do you play any sports? Which ones? How active are you daily, weekly? Do you help other people and give back on a regular basis? Do you love yourself fully and love who you are becoming even more right now? Do you love your dream body and how it makes you feel physically? emotionally? Are you fully committed every single day to achieving your perfect body no matter what it takes or what bumps in the road you may have? I didn't wake up to be fuckin' mediocre today and neither did you!

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