

DRINK MORE WATER!

USE OUR WATER CHECKLIST & STAY HYDRATED!

cardio[♥]
CENTRAL
FOR ALL YOUR FITNESS NEEDS

- Class 1 - Good Start!**
- Class 2 - 1/4 of the way!!**
- Class 3 - Keep It Up!**
- Class 4 - Halfway There!!**
- Class 5 - Impressive!!**
- Class 6 - Only 2 more to go!!**
- Class 7 - Amazing, you've got this!**
- Class 8 - Nailed it!!**

Remember to increase your water intake when exercising!

www.cardiocentral.co.uk