

The 30 Day Squats And Crunches Workout With A FREE PDF Is A Great Workout To Create Envious Abs & Rounded Booty You Will Be Proud Of.

30 Day Squats And Crunches Workout Get Results Now

For a 30 Day Creativity Challenge, you could break up the content over the course of the 30 days, having people do the exercises more than once. For example, with the exercise on 'think like a child', you could ask them to do it each day for 4 days in a row.

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