



BEGINNER CALISTHENIC

A photograph of a very muscular man from the back, performing a pull-up on a dark metal bar. He is shirtless, showing his well-defined back muscles, including the trapezius, latissimus dorsi, and erector spinae. He is wearing dark cargo pants with a black belt. The background is a blurred gym setting with a blue vertical post on the left.

WHAT TO EXPECT

1. Introduction
2. Old School Calisthenic principles
3. What to expect from this program
4. Proper Warm Up
5. Chart terminology
6. Beginner Workouts
7. Training Journal
8. Recovery
9. Progression
10. HIIT
11. Transition
12. Closing thoughts

WHAT MEANS CALISTHENIC?

Calisthenic is the sport that encompasses a variety of basic exercises using only the bodyweight as resistance. They are intended to increase body strength, coordination, speed, and flexibility through movements such as pulling, pushing, jumping, running and so on. If performed consistently and vigorously, calisthenics can provide the benefits of muscular and athletic body. The word calisthenic comes from the ancient Greek which means beauty and strength.



WHY CHOOSE CALISTHENICS OVER OTHER TRAINING APPROACHES?

People still buy into the stereotype that bodyweight training is inferior and not an effective way to build strength and big muscles. They believe that calisthenics bring only good athleticism and endurance. They are wrong! The Greeks, Spartans and Gladiators practiced calisthenics, and for good reason. We all know their remarkable statues of the athletic warriors. Bodyweight training methods are still used today rigorously by army, street workout enthusiasts, martial artists and so on, for the same reason.

There isn't a champion or elite athlete that don't do bodyweight training. Do you want to know why? Technically, calisthenic builds the foundation for all the other sports due to fundamental exercises that entail a family of compound moves similar to the inertia that comes natural to our body. This moves are: pushups, pull ups, dips, leg raises, squats, running, twisting, jumping... All of these will teach your body to control itself better no matter of the difficulty of activities you must do.

WE PUT OUR MONEY WHERE OUR MOUTH IS!!! See for yourself here



IT'S A SLOW PROCESS, BUT QUITTING WON'T SPEED UP

We came from almost nothing but our enormous will. A group of skinny guys with difficulties of pulling ourselves from a pull-up bar, but with goals to becoming very strong, muscular and functional. We haven't followed the two clichés in which almost everybody believes:

1. You can't have real results training with your own bodyweight. ~~RIGHT! Only weight training gets the job done!~~
2. You need supplements, powders or steroids, ~~BECAUSE EATING PROPERLY IS NOT ENOUGH AND SUSTAINABLE.~~

We have done exactly the opposite of what a lot of fitness gurus teach.

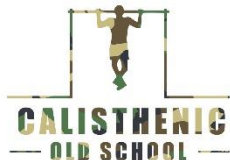
Since the beginning we wanted to do advanced exercises like one arm pull-ups, muscle ups, levers and handstand pushups. Back then, it just seemed an impossible goal to achieve. We could have only pictured us at that level in years to come.

We've avoided the gym. Thus, the nearest approach was **Street Workout!** We loved working out in open spaces. It felt the most natural thing for the body, mind and soul. As opposed to the gym, our approach is free of charge and has no schedule, as well as increasing creativity by having to use the tools that we find in nature.

Without discipline, perseverance, patience and surpassing the frustrations you achieve nothing! Remember this: *push yourself beyond the physical and mental limitation. Do not stop if you feel bad at the moment!* It will make you stronger than ever. No matter the state of mind or weather conditions! At the end of the week the training journal needs to be complete.

FREQUENT CONCERNS:

- What routine is the best? **Don't search the perfect routine. If a program seems to get you results, stick with it.**
- Too many exercises. **Generally, you don't need more than 4 variations from the fundamental exercises.**
- When to jump into another type of workout? **When you feel a workout seems too easy or you get bored of it.**
- Do you need to train each muscle group separately? **No. The compound exercises work every aspect of the body** (e.g. pull-ups work the back, biceps, forearms, shoulders and trapezes).
- What routine builds muscles? **Any routine that put the muscles on stress for long enough, by definition.**



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A photograph of a very fit, shirtless man with a beard, performing a pull-up on a dark metal bar. He is looking directly at the camera with a focused expression. His arms are fully extended upwards, gripping the bar. The background is a dark, textured wall.

**YOU EARN YOUR
BODY**

WE DON'T MAKE EXCUSES

WE MAKE RESULTS



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TIPS: We always start a routine with the hardest exercises and progressively move to the lighter ones. You have seen us doing weighted calisthenics. YES! This is exactly the reason why calisthenic is a complete sport. You can always progress somehow, like using a training partner as external weight.

CONDITIONING: The higher your fitness level, the better you can train. Be disciplined. Respect the schedule of your workouts and diet. This is the only way to success for good athletes.

TIPS:

IT NEVER GETS EASIER, YOU JUST GET BETTER

- **ACT NOW!** Practice often! Three times a week and half an hour a session may not be enough.
- Embrace muscular pain. Muscle fatigue is good if you want to build an aesthetic physique.
- Eat cooked food. Try to consume more vegetables and fruits. Drink water, not juice!
- **DO MORE!** Increase the number of sets and repetitions.
- Do not get frustrated. Your body is not a machine. It takes time to adapt.



WHAT TO EXPECT FROM THIS PROGRAM?

We have had students that weren't able to do basic exercises, such as pull-ups or pushups. We have dedicated our time in observing and helping them. We have realized that most people are at that stage, hence we have come up with this **FREE** workout program. **Now you can act** based on our methods and succeed.

Beginner Calisthenic is designed to take you to a path of good health and strong endurance, with a very nice looking body as a by product.


Some of you may find some workouts easy. Go through each one of them, as they gradually become tougher and more challenging.




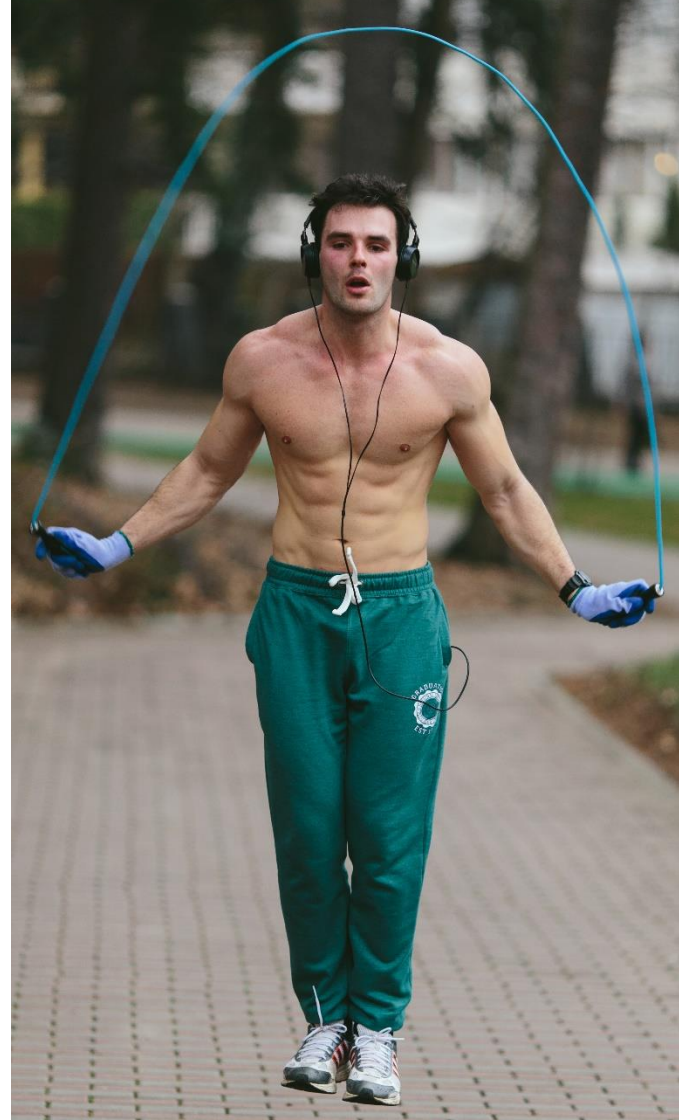
BEFORE EACH WORKOUT!

Everyone needs proper warm up before any practice or workout. It increases blood circulation and gets your muscles and joints ready to function properly.

Stay safe! Injuries can easily be avoided. For instance, a very common problem for an athlete is improper warm up of the elbow and shoulders and that can keep you out of training for months.

Watch this YouTube video and see how a complete warm up should look like and apply it at the beginning of any training session 

In case you don't have any skill in Jumping the Rope yet, replace it with Jumping Jacks. 



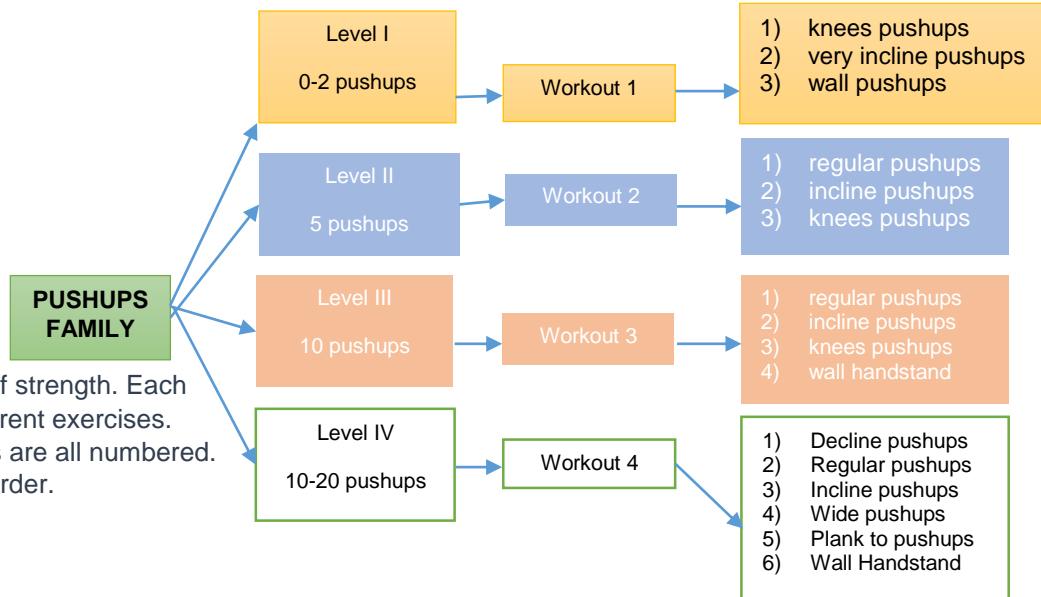


- TESTS:** Firstly, you need to do a couple of different strength tests on: pushups, dips, pull ups and squats, to determine the level of strength. Aim for a single set of maximum repetitions on each one of them. Once the test is complete, you will know what level you fit in and begin there. Respect the color pattern, because that is the workout level you are at. Click on the PLAY™ Icon or on the exercise name and a YouTube™ Demo will show you which exercise to do and how. These tests are valid only for Beginner Workouts Chapters.

TEST	PUSHUPS	DIPS	PULL UPS	SQUATS
RESULTS				

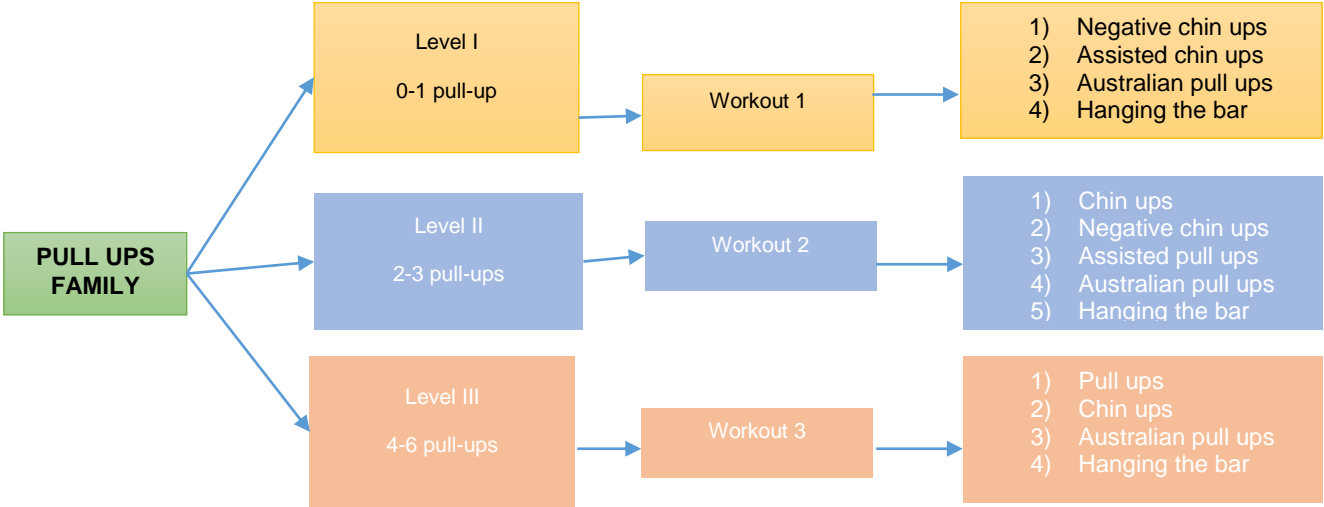
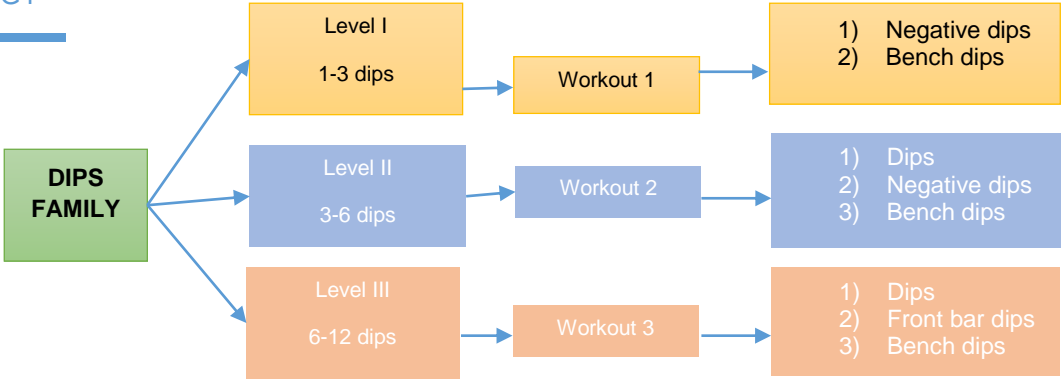
- LEVELS:** Relate the tests with the strength level boxes (In the workout charts they are on the same column).

Examples:



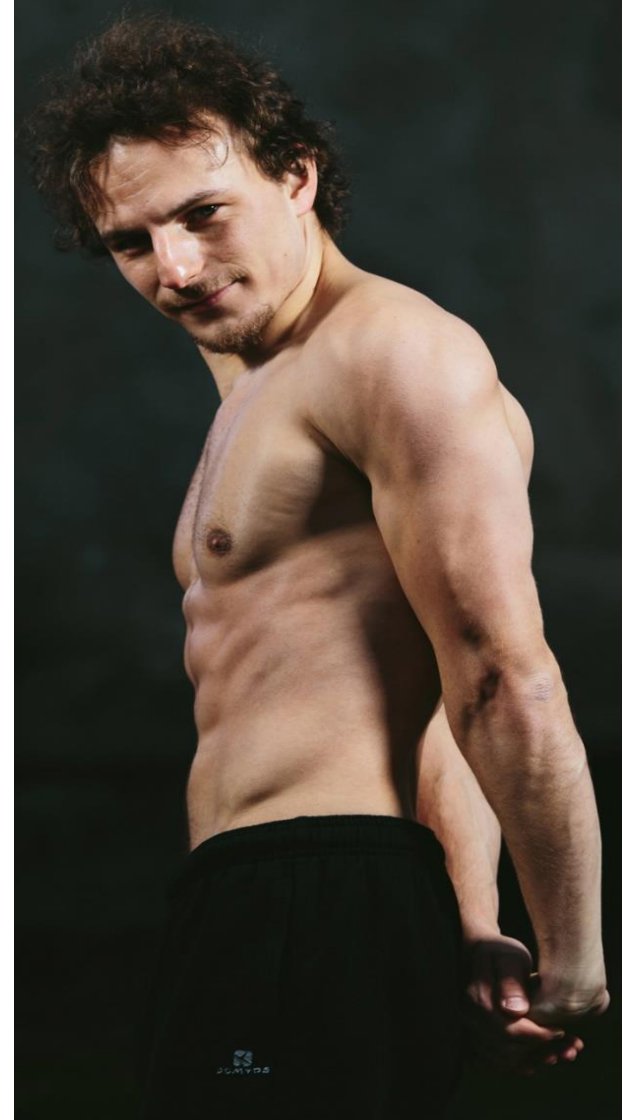
- 3 to 4 levels of strength. Each level has different exercises.
- The exercises are all numbered. Respect the order.

CHART TERMINOLOGY



DON'T BE AFRAID TO PUSH YOURSELF!

- 3. EXERCISE VARIATIONS:** Here you find your workout. Now watch your results from the tests and relate the level with the exercises according to the color pattern. Start with the top exercise and continue with the ones below.
- 4. Sets:** are a series of repetitions of the same exercise. You find a minimum and maximum number. Add more if you want, but not less!
- 5. Reps:** defines the number of times to perform a single exercise within one set. Choose between minimum and maximum. Play with those numbers, but remember, more is better! So, push yourself if want to achieve something good!
- 6. BREAKS:** Play with the interval given. Brake time makes a huge difference, because your muscles respond well when you put them to stress. Here, less is more!
- 7. How many times a week?** Practice often! Strength is skill. Make a practice of working hard. You'll gain not only strength, but muscles too. In the 8th column you'll understand how many workouts of the same exercises we recommend.



8. CONCLUSIONS:

BE THE BEST VERSION OF YOU!

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- Do a workout till you find it easy or you get bored. Test yourself again, but with 2 sets this time. If you are stronger, then move forward to HIIT and Transition chapters. You will find them very challenging.
- You may find that you are on a different level of strength on pushups, as opposed to dips or pull ups. Have no fear! You just pick the level of each big family according to the results.
- For a complete workout session, you need to mix and match the big families of exercises. For instance, you can mix the workout for **dips** and **pushups** in the same routine. Start with **dips** if you find them more difficult, than continue with the **pushups**. If wanted, mix dips or pushups with pull ups. Be creative!
- Never mix **SQUATS** or **LEG ROUTINE** with upper body workouts (pushups, dips, pull ups). The reason behind this secret is: upper body muscle groups and leg muscle groups are unrelated to each other. Hence, the break for each of them while exercising the other is too big that neither will be worked on properly.



FAIL MEANS FIRST ATTEMPT IN LEARNING

- You'll see how to mix and match the workouts each day for a full week schedule.
- Try to respect the minimum number of sets and reps.
- Set a number of repetition. For instance, 10 reps. And if you can do only 8, then do a very short break and aim for the 2 remaining.
- The rest between sets and exercises is very important. Don't rest too long! Muscle growth happens when you expose them to constant stress.
- Train the same family of exercises 2-3 times a week. We know that not everybody has enough free time. Nevertheless, we gained our physic by working 4-6 times/week. This means 2-3 workouts on the same muscles.
- Every exercise has a demo on YouTube™. Click on the PLAY™ Icon.
- Each workout presented here starts with the most intensive exercise and progressively towards the easiest one. Respect the order gave by us. This method will bring you strength, muscular endurance and mass.



Table 1: Pushups Routines

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Pushups	Workout 1 Level I 0-2 regular pushups	Knees pushups	5-7	5-20	30" - 1'30"	2' – 3'	2-3	If you fall somewhere between these 4 levels, you should try each workout and see which is harder. If this is not enough then just mix the workouts between them. Pick the exercises you want and work on them. Another method is to try the other workouts in the following chapters.
		Incline pushups		10-20				
		Wall pushups		30-50				
	Workout 2 Level II 5 regular pushups	Regular pushups	6 - 10	1-3	1' – 1'30"			
		Incline pushups		4-8				
		Knees pushups		8-15				
	Workout 3 Level III 10 regular pushups	Regular pushups	6-10	4-6	1'-2'			
		Incline pushups		8-15				
		Knees pushups		15-20				
		Wall Hand Stand		3-5				
	Workout 4 Level IV 10-20 regular pushups	Decline pushups	4-5	8-15	1' - 1'30"			
		Regular pushups						
		Incline pushups						
		Wide pushups						
		Plank to pushups						
	Wall Hand Stand	40" – 1'						

SEE PROGRESSION CHAPTER IF THESE WORKOUTS ARE TOO EASY FOR YOU!

Table 2: Dips and Abs Routines

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Dips	Workout 1 Level I 1-3 dips	Negative dips	6-10	Max. reps.	1' – 1'30"	1'30" – 3'	2-3	Two different types of bench dips are presented in the YouTube Demo. If you can't do full dips like in demo, then do half the distance. Click HERE .
		Bench dips		6-20				
	Workout 2 Level II 3-6 dips	Dips	10	2-4	1' – 2'			
		Negative dips	6-10	Max. reps.				
	Level III 6-12 dips	Bench dips		10-20	2' – 3'			
		Dips	6-10	4-8				
		Front bar dips	5	Max. reps.				
Leg Raises CORE Routine	The routines are good especially for those who can't do strict and straight hanging leg raises or L sit holds	Bench dips	6-10	20-30	1' – 1'30"	1'-2'	2	L holds: here Strict Hanging Leg Raises: here If you can do strict leg raises on ground, then do these variations: knees to chest and bent legs raises .
		Knee raises (parallel bars)	4-5	Max. reps.	30" – 45"			
		Leg raises (on ground)						
		Sit-ups						
		Plank	3-4	30" – 1'	1'			
		Side plank						
		Mountain climbers	5	20" – 30"	30" – 1'			
		Sit-ups	4-5	Max. reps.				
		Leg raises (on ground)	4-5					
Flutter kicks	4-5	30" – 1'						

KEEP A TRAINING JOURNAL

Table 3: Pull ups Routines

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Pull Ups	Workout 1 Level 1 0 – 1 Pull up -strict form-	Negative chin ups	6-10	Max. reps.	1' – 2'	2' – 3'	2-3	Theoretically chin ups are easier then pull ups . But, do the grip you consider better. Australian pull ups are also known as body rows or horizontal pull ups. Position your body horizontal if you want it to be harder. Assisted Pull Up and chin up come under the same demo.
		Assisted chin ups	6	2-4				
		Australian pull ups	6-10	4-10				
		Hanging the bar	3-5	10" – 20"				
	Workout 2 Level 2 2-3 pull ups -strict form-	Chin ups	6-10	1-2				
		Negative chin ups	6	Max. reps.				
		Assisted pull ups	6	2-3				
		Australian pull ups	4-5	4-10				
	Workout 3 Level 3 4-6 pull ups -strict form-	Hanging the bar	3-5	20" – 30"				
		Pull ups	3-5	3-5				
		Chin ups		3-5				
		Australian pull ups		4-10				
Hanging the bar	30" – 1'							

START WORKING ON SKILLS LIKE JUMP ROPE

Table 4: Legs routine

Exercise the big family	Test BASIC EXERCISE	Exercises VARIATION -workout-	Sets min - max	Reps min – max	Break between sets	Break between exercises	How many Times a week	Conclusions See chart terminology
Squats Legs routine	20 - 30 squats -full squats-	Squats 	5-8	15-20	1'	1'-2'	1-2 If you are really having a hard time doing full squats then do this workout 2 times/week.	
		Lunges 		16-20				
		Wall sit 	4	15"-30"				
		Short Bridges 		15-20				
		Calves: one leg 	3-5	10-15				
		Calves: two legs 		20-40				

MAKE IT A LIFESTYLE, NOT A DUTY!

You can follow this example:

Monday:

- I. Pull Ups
- II. Dips
- III. Pushups
- IV. Leg raises

Tuesday:

- I. Jump Rope Practice
- II. Squats (legs routine)

Wednesday:

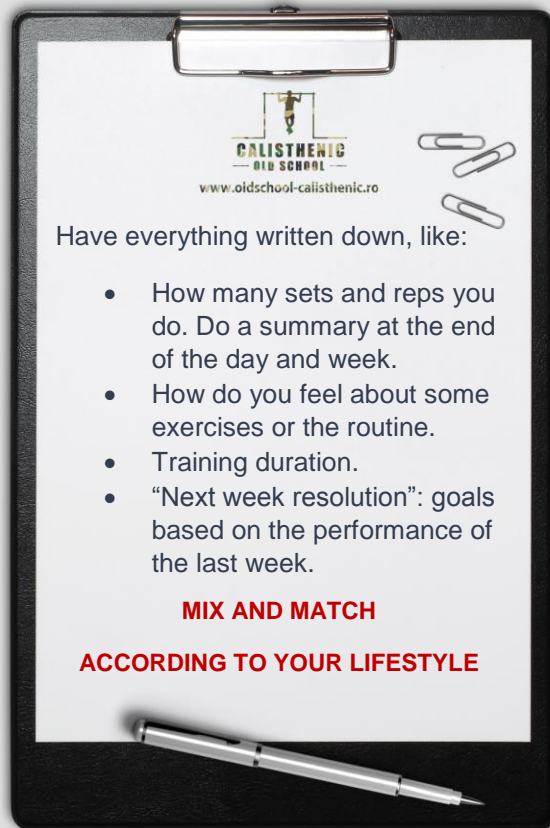
- I. Dips
- II. Pushups

Thursday:

- I. Squats (legs routine)
- II. Leg raises

Friday:

- I. Pull Ups
- II. Pushups



Weekend: choose whatever you feel fine with from:

- Taking a rest
- Doing stretching
- Jogging
- Practicing skills like: jump rope or handstands
- Doing cardio workout: running, swimming...



Training journal:

Monday:

- I. Dips
- II. Pushups

Tuesday:

- I. Pull Ups
- II. Leg raises

Wednesday:

- I. Running (20' – 40')
- II. Sprints
- III. Squats (legs routine)

Thursday:

- I. Dips
- II. Pushups

Friday:

- I. Jump Rope Practice
- II. Pull Ups
- III. Leg raises

Monday:

- I. Jump Rope
- II. Squats
- III. Leg raises

Tuesday:

- I. Pull Ups
- II. Dips

Wednesday:

- I. Running
- II. Sprints
- III. Squats

Thursday:

- I. Pull Ups
- II. Pushups

Friday:

- I. Dips
- II. Pushups

- Run at low to medium intensity.
- Do sprints like: 4 – 10 sets x 30 – 50 meters. Do breaks of 1 to 3 minutes between them.
- You can do hill sprints if you want, it doesn't matter as long as you do them.
- Master the Jumping Rope. You can easily do a very good cardio workout with it. Watch in the YouTube Demo some variations of it.
- We have written Jump Rope Practice as a way of improving the skill, not necessarily a workout.
- We usually start the week with the most intense workout. Do the same!



In our opinion there is no such thing as overtraining, but rather a bad recovery.

Three most important things you need to know:

- Eat quality food.
- Sleep as much as you can.
- Have 1-2 rest days per week or more if needed.

You can recover after workouts by doing stretching too. Without getting into too much details here, we recommend you a book by Al Kavadlo, *Stretching Your Boundaries*. Everything is explained there in detail.

You cannot reach the perfection! So don't get angry if you feel the need of some extra days off. Remember, you are not a robot. We all have ups and downs.



WHEN IT'S TIME TO PROGRESS?

All the workouts presented in previous chapters are easy if you have some experience in fitness or sports. However, some of you may find them very tough and useful. Work till you find them easy. It may take months or a full year, but you'll get there, as we did. Embrace and enjoy the journey!

Do everything like is written. The next workouts are based on the routines from Beginner Workouts. Don't rush on them!

You have completed now the Beginner Workout Level.

WHAT IS NEXT?

The next step is to train your strength endurance even more. This is the point where you can start building some real muscles. To accomplish that we challenge you to something we name **HIIT** - High Intensity Interval Training. This is not a method where you only do cardio workouts, as a lot of fitness gurus teach. We have a different approach. In fact, the method builds muscle endurance because of the strength exercises and the short break intervals given.



YOU ARE GOING

TO WANT TO

GIVE UP.

DON'T!

FULL WEEK PROGRAM

DAY 1: This is a set of 5 exercises. You do everything back to back. Try to do as many sets as you can in 1 hour. Rest between 30 seconds and 1 minute between exercises.



DAY 2: You can replace the Jump Rope with Jumping Jacks if you don't have the skill yet. Do breaks of 1 minute.

1 ST EXERCISE	2 ND EXERCISE	3 TH EXERCISE	4 TH EXERCISE	5 TH EXERCISE	6 TH EXERCISE	7 TH EXERCISE
JUMP ROPE	ASSISTED PISTOLS	SQUATS	LUNGES	JUMPING SQUATS	SHORT BRIDGES	CALVES: one leg
5 SETS X 1'	4 SETS X 5-10 REPS	4 SETS X 20-30 REPS	4 SETS X 20 REPS	4 SETS X 10 REPS	4 SETS X 15 REPS	4 SETS X 10 REPS
						

DAY 3: Start with the circuit of exercises from the table below. After, continue with the next workout chart.

EXERCISE	SUPER SET EXERCISE	INFORMATION
10 Pull Ups	10 Diamond pushups	Rest between 30 sec. to 1 minute. To each set of pull ups corresponds a set of 10 diamond pushups. Descent with pull ups from 10 reps to 1 rep per set.
9 Pull Ups	10 Diamond pushups	
.....	
1 Pull Ups	10 Diamond pushups	

EXERCISE	SETS	REPS	BREAK	INFORMATIONS
Chin Ups	5	5	1 minute Do the break after completing a set of all the 3 exercises	This is a circuit of 3 exercises. Do for each of them the reps given and only then you can call a set complete. Repeat 4 more times.
Tricep extensions		5		
Bench dips		15		
Hanging Leg Raises	3-4	8-10	30"	This a full ABS routine. No circuit. Just do the sets and reps for each exercise in particular.
Plank	4	30" to 1'		
Sit Ups	4	20 - 30		

DAY 4: This is a set of 5 exercises. Try to complete as many reps as you can in 1 minute. Do as many sets as you can in 30 to 45 minutes. Rest between 30 sec. to 1 min.

1 →
BURPEES
 1 minute









2 →
JUMP ROPE
 1 minute

3 →
JUMP SQUATS
 1 minute

4 →
SQUATS
 1 minute

5
CALVES
 1 minute

DAY 5: Upper body and CORE workouts:

EXERCISE		SETS	REPS	BREAK
Pull Ups		5	4-8	1' – 2'
Dips			6-12	
Pushups			10-15	
Australian Pull Ups			6-10	
Mountain Climbers		3-4	1 minute	30" – 1'
Leg Raises			7-10	
Sit Ups			10-20	
Leg Raises (on ground)			10-20	

How long should I stick to this HIIT routines?

Stick to it for several months if it feels rough enough. Then, make the tests below. If your strength endurance is good enough then you should be able to do the reps recommended below. The routines from TRANSITION Chapters are designed according to those results:

PUSHUPS



2 SETS X 30-40 REPS

DIPS



2 SETS X 15-20 REPS

PULL UPS



2 SETS X 8-12 REPS

SQUATS



2 SETS X 30-50 REPS

HANDSTAND PUSH



2 SETS X 4-8 REPS

NEW WEAPONS

- **WALL HANDSTAND PUSHUPS (H.S.P.U.)**

Like we told you before: you can always progress. You just need to be creative enough and to accept new challenges. A great V shape is given by a solid upper body and a thin waist. Look the picture and see how all the muscles are engaged. You need to add this exercise to your arsenal right now! It will not only build big shoulders, it will teach you some balance and coordination too. Hell yeah! Your strength will increase enormously. Believe that!

- **BRIDGES**














Everyone talks about muscle functionality and mobility. When you build solid muscles like we do it's important to remain flexible. Bridges will stretch you good and it will strengthen your spinal muscles. A lot of lower back pains can be threatred with this simple exercise. It is included in the following workouts.

So, you completed the last tests and you are done with Beginner Workouts and HIIT. It's time to move forward. Next workouts are more challenging and you may need months or a full year to work on (almost every day). This requires a pretty good level of strength, so don't get angry. They are rough. However, train very hard. We succeeded with it because we have never quit.



FULL WEEK WORKOUT

DAY	WORKOUT	SETS X REPS	BREAK	INFORMATIONS
MONDAY	H.S.P.U.	10 X MAX. REPS.	1'30" – 2'	Another variation for H.S.P.U. DEMO
	DIPS	5 X 8-14		
	DIAMOND PUSHUPS PUSHUPS	5 X 10-14		
	LEG RAISES	10 X 8-10	30" – 1'	Do leg raises on the parallel bars or hang bar. Do a set of plank for each side.
	KNEES TO CHEST	10 X 10-15		
	LEG RAISES (on ground)	5 X 20-25		
	PLANK SIDE	5 X 1 minute		
	BRIDGES	5 X MAX. REPS.	1'	
TUESDAY	Wide Pull Ups	4 x 5-7	1'30" – 2'	
	Pull Ups			
	Chin Ups			
	Orizantal Pull Ups			
WEDNESDAY	JUMP ROPE 1 MINUTE + 50 METERS SPRINT	6-10 SETS	1'30" – 2'	Each minute of jump rope ends with a 50 meters sprint. The intensity of them need to be around 50-60% of the full potential.
	SQUATS	5 X 25-35	1'	
	JUMPING SQUATS	5 X MAX. REPS.		
	CALVES both legs	4 x 20-40		
	BRIDGES	5 X MAX. REPS.		

DAY	WORKOUT	SETS X REPS	BREAK	INFORMATIONS
THURSDAY	H.S.P.U. 	10 X MAX. REPS.	1'30" – 2'	Watch this DEMO for H.S.P.U., it is an easier variation.
	DIPS 	5 X 8-14		
	PUSHUPS 	5 X 10-14		
	DECLINE pushups 			
	INCLINE pushups 	5 x 15-20	30" – 1'	Do leg raises on the parallel bars or hang bar.
	LEG RAISES 	10 X 8-10		
	KNEES TO CHEST 	10 X 10-15		
	LEG RAISES (on ground) 	5 X 20-25		
PLANK 	5 X 1 minute			
FRIDAY	Pull Ups 	4 x 5-7	1'30" – 2'	
	Wide Pull Ups 			
	Chin Ups 			
	Orizontal Pull Ups 			

WEEKEND: You can rest completely or do stretching. We recommend some running workouts. Run from 30 minutes to 1 hour at low intensity. Finish with a couple of sprints if you want.

By the time you get comfortable with these routines your body will look quite different. Thrust that! We have done these methods for years. Even now it's a continue struggle. The goals must always be higher then our strength, but never stop, no matter what!

CLOSING THOUGHTS

Commit to sport. It will not only help you improve your esthetic. It will make you a better person. It's up to you!

Becoming a calisthenic athlete it's about creating good habits. And habits build a character. A strong body means a strong mind. If it weren't for the mental toughness, everyone would do it. It is worth it!

We cook our meals almost every time. We don't count calories or some other nutrients. We take no supplements, they are all about marketing! We eat a lot of quality food.



CLOSING THOUGHTS

Don't set unrealistic goals, like deadlines in which you want to do advanced exercises or to build 5 kg of mass. It is okay to desire things. But, they will happen to those truly dedicated and never in the time given by you. Your body has his own clock. A true athlete sticks to his training and is mentally prepared to work for years to accomplish something big.

We never train specifically for muscle ups, levers or other advanced skills, even though we make them look easy in the motivational video. We gained them by doing hard workouts, like you learned here. It comes naturally if you stay humble and work hard.



THANK YOU!

THANK YOU FOR READING. WE HOPE THIS PROGRAM WILL REALLY HELP YOU.

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