









Gymrun Fit Club

Full Name:

Year & Class:

	Push Hard		Don't Compare		Build Speed		Ache More
Keep Going		Fail More		Feel Good		Build Strength	
	No Excuses		Build Stamina		Stretch More		Be Resilient
Make Time		Run More		Sweat More		Feel Better	

Visit **Gymrun on YouTube** for foundation exercise workouts.



[gymrun.co.uk](https://www.gymrun.co.uk)