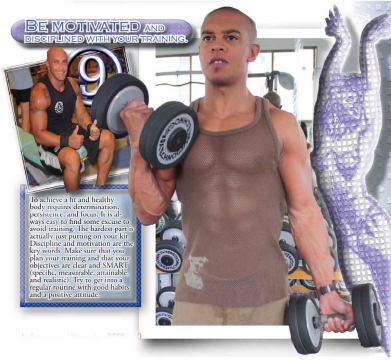


Be motivated and disciplined with your training

Written by

DATE_FORMAT_LC2 -



Be motivated and disciplined with your training

To achieve a fit and healthy body requires determination, persistence, and focus. It is always easy to find some excuse to avoid training. The hardest part is actually just putting on your kit. Discipline and motivation are the key words. Make sure that you plan your training and that your objectives are clear and SMART (Specific, Measurable, Attainable, and Realistic). Try to get into a regular routine with good habits and a positive attitude.

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