

FITNESS LAUNCH ACADEMY

WARRIOR BRAND

Key Learning Points:

This is your anthesis of war

- 1) I am the master of restoring movement!
- 2) I am the bringer of vitality and energy!
- 3) I am the motivator to the tired and broken!
- 4) I am your biggest cheerleader!

I will help
people live with
joy and love
themselves
again

I will turn back
the clock for all
who cross my
threshold.

I will restore
your confidence
and help you
love yourself

I will show you
that giving up is
not an option

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Student Notes: