THE LONDON ACADEMY OF PERSONAL FITNESS
We'll Get Your Body Back!

Your Homework from
The London Academy of Personal Fitness

Instructions:

Diagrams:

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For: ……..

Date:……

Set by LAPF Trainer: ……

To be completed: ……..times.

By Date: ……

Please retain these notes for future reference workout sessions

The London Academy of Personal Trainers
www.lapf.co.uk

Call 0844 4150929