

My Competition!



If You Sleep In, We Are Up Early Exercising!

Don't Give It Your All, And We Will Make You Pay!

If You Take A Break, We Will Do An Extra Set!

If You Think You're Tired, We Will Do One More!

If You Miss A Day, We Will Push Ahead Of You!

Underestimate Us, And We Will Teach You A Lesson!

Move Slow, And We Will Run Circles Around You!

Give Less Than 100%, And We Will Punish You!

Loose Focus, And We Will Crush You!

Cheat On Your Diet, And We Will Make You Regret It!

Compromise, And We Will Eliminate You!

Show Weakness, And We Will Outclass You!

Each Day, We Are Determined To Beat You And Win!

We Are Out To Get You!

**Today, I will Do What Others Won't
So Tomorrow, I Can Do What Others Can't!**

I Will Workout Even If I Don't Feel Like It!

I Will Focus & Give It My All Everyday!

I Will Overcome My Competition!

I Am Healthy, Strong, And I Never Give Up!

I Am More Disciplined Than My Competition!

I Am More Focused Than My Competition!

Great Results Require Great Action – Watch Me!

I Settle For Nothing Less Than Perfection!

If Not Now ... When?

