

THE LIMITS OF THE HUMAN BODY

THE PROPER WAY TO PUSH YOUR BODY



Muscle growth occurs after working out when your muscle fibers **fuse** back together to repair it self

An **enlightening** video of muscle repair!

IMPROVING LIFE



- Today gym memberships is the most profitable area for this industry
- Of all the Americans U.S. **15%** of them have memberships to a gym.
- Annually Americans spend **\$2.6 billion** on memberships!!

credit: coolfitness.com

THE SAD TRUTH



- The National Institute on Drug Abuse (NIDA) estimates that more than a half million 8th-10th grades are now using these dangerous performans drugs

Credit: U.S. D.E.A