

Whedonistas: A Celebration Of The Worlds Of Joss Whedon By The Women Who Love Them

May Fitness Challenge **HANGTIGHT** with MarC
 Workout Daily. Feet It Forever.

Hang-MAN Pose
FOR A PERFECT POSTURE!
 Hold this pose for the times listed below.
 Watch How To Video @ www.hangtightmarc.com

1-May 10 Sec	12-May 2 Min	23-May 3 Min 50 Sec
2-May 20 Sec	13-May 2 Min 10 Sec	24-May 4 Min Sec
3-May 30 Sec	14-May 2 Min 20 Sec	25-May 4 Min 10 Sec
4-May 40 Sec	15-May 2 Min 30 Sec	26-May 4 Min 20 Sec
5-May 50 Sec	16-May 2 Min 40 Sec	27-May 4 Min 30 Sec
6-May 1 Min	17-May 2 Min 50 Sec	28-May 4 Min 40 Sec
7-May 1 Min 10 Sec	18-May 3 Min	29-May 4 Min 50 Sec
8-May 1 Min 20 Sec	19-May 3 Min 10 Sec	30-May 5 Min
9-May 1 Min 30 Sec	20-May 3 Min 20 Sec	31-May 5 Min-Double
10-May 1 Min 40 Sec	21-May 3 Min 30 Sec	or Nothing!
11-May 1 Min 50 Sec	22-May 3 Min 40 Sec	

Practice this daily & improve your overall body structure. - MarC

DOWNLOAD: <https://bytly.com/29sxmj>



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