

**THE LEAN  
BERETS**

**30  
30**

**30 DAYS FOR  
30 MINUTES AND  
NO EXCUSES!**

THE LEAN BERETS PRESENT THIS  
CERTIFICATE OF SWEAT TO

FOR YOUR HARD WORK, DEDICATION AND SWEAT  
ON THE LEAN BERETS' 30X30 CHALLENGE.

NOW KEEP YOURSELF ON TARGET AND REMEMBER...  
JUST MOVE...NO EXCUSES!

