

On the road

Posted by Gimpel123456789 - 23 Dec 2014 04:41

I am very excited to begin the 90 day program I believe that I did my first day but just to make sure what is considered a clean day

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Re: On the road

Posted by cordnoy - 29 Dec 2014 19:26

Geez!

Out of breath....

What do I get if I think of my wife?

And are there any restrictions?

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Re: On the road

Posted by dms1234 - 29 Dec 2014 21:19

inneedchizuk

Well, Cordy, actually, it has different purposes for different people. For you, it is the sets of pushups, squats, sit-ups, laps you need to swim

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Re: On the road

Posted by cordnoy - 29 Dec 2014 21:48

[dms1234 wrote:](#)

ineedchizuk

Well, Cordy, actually, it has different purposes for different people. For you, it is the sets of pushups, squats, sit-ups, laps you need to swim

Cordnoy, Just make sure you aren't swimming in any mixed beaches!

Didn't notice that in the handbook.

Truth be told, I would never swim in a mixed beach anyway.

Warning: Spoiler!

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Re: On the road

Posted by serenity - 30 Dec 2014 00:22

Oy

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