

**"JUST
ONE MORE
SET"**



COMBAT CAMERA CAMP JOHNSON, NC 100325-D-0401S-005

WHEN YOU'RE ALREADY AT YOUR LIMIT,
ALL IT TAKES IS ONE MORE.
THEN THERE YOU ARE WITH A RUPTURED BICEP
AND FOUR TO SIX MONTHS RECOVERY TIME.

BE SMART.
PUSH YOURSELF. DON'T BREAK YOURSELF.