

21 Days to Change Your Life / 21 Dias Para Mudar a Tua Vida

By Coach JGF

Discipline. Resilience. Results. All day, every day. Train like a soldier no excuses.

Introduction / Introducao

EN: Have you ever looked in the mirror and thought, 'I need to change but I dont know where to start'? You dont need perfect conditions. You need 21 days of pure commitment.

PT: Ja olhaste ao espelho e pensaste: 'Preciso de mudar mas nao sei por onde comecar'? Nao precisas de condicoes perfeitas. So precisas de 21 dias de compromisso real.

Benefits / Beneficios

EN:

- More energy
- A leaner body
- Stronger mindset
- Daily habit

PT:

- Mais energia
- Corpo mais definido
- Mente mais forte
- Habito diario

Daily Plan / Plano Diario

EN:

Day 121: Training + Mindset + Simple nutrition

Example:

- 30 push-ups
- 40 squats
- 20-min walk