

The Workout Guru

Tyler Hankinson

Purpose

- Increase muscle mass

Procedure

- Reasearch
- create
- record

Materials

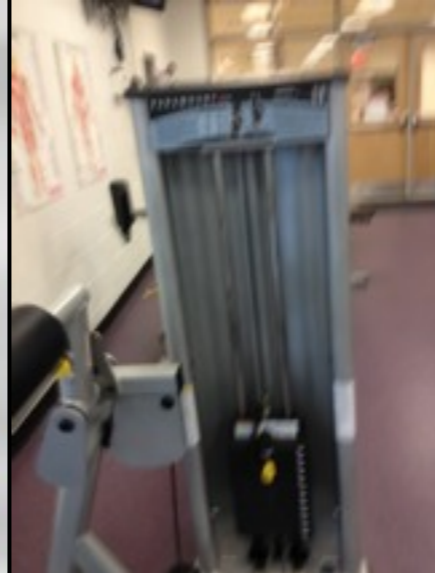
whey Protien	Fitness center	diet
guide	log	scale

Quick Fact

- whey protien

Problems

Photos



SLA Core Values

What did you learn
from this process?

Any Questions?