

MY SEECRET® WAY

your name _____

seecret
by Hapro

Seecret®	1	2	3	4	5	6	7	8	9	10
Date										
Seecret®	11	12	13	14	15	16	17	18	19	20
Date										
Seecret®	21	22	23	24	25	26	27	28	29	30
Date										

Get the optimal Seecret® effect:

- 10 to 12 weeks in a row
- 2 to 3 sessions a week
- 12 minutes each
- intervals of 2 to 3 days
- keep it up with one session every two weeks

