

1st out of 6  
and I'm  
already  
excited!

1.

2.

If the date is  
bad, at least I  
had good  
coffee

3.

Best part of  
the job is the  
coffee break

Oh God, one  
more cup  
and I can  
shake all day  
and all night

4.

Uhh, this  
stuff really  
keeps me go-  
ing

5.

6.

All that  
energy!  
I need to  
burn some  
calories.  
And then  
coffee!

***No shit! Drink coffee and stay fit***

Do 6 Lockdown Leuven Workouts (check [fitterandfitter.be](http://fitterandfitter.be)) and  
get 1 free coffee @ WE LOVE COFFEE

All you need to do is to post a photo on Instagram and/or Face-  
book of this card and your workout and tag #welovecoffee and  
#fitterandfitter



**Fitter&Fitter**  
Sports Coach



**WE LOVE COFFEE**

[fitterandfitter.be](http://fitterandfitter.be)

[Welovecoffee.be](http://Welovecoffee.be)