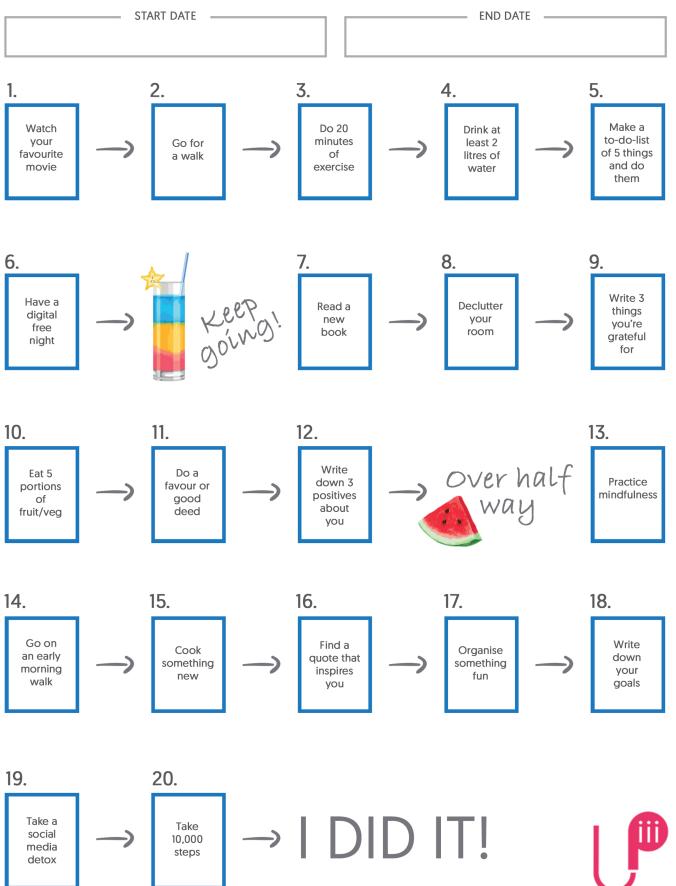


20 DAYS CHALLENGE





Document your challenges and share via Instagram and Twitter tagging @gcsepod for the chance of winning a spot prize.

