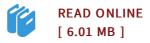




Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building -Lose Weight and Build Lean Muscle

By Nicholas Bjorn

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 78 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST, STARTING RIGHT NOW THIS BOOK WILL LET YOU IN ON THE SECRET! Everyone knows how important it is to maintain a healthy physique. Often, achieving the ideal body requires you to lose weight and build lean muscle. But how do you do that To become physically fit, you need to have the knowledge necessary to get you on your way and the motivation required to keep you going. Dont you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your bodys needs, lose weight, and stay motivated Well, Ive got good news for you. This book will teach you how your body works and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique. Heres what this book has in store for you: Learn how your body uses calories and what role carbohydrates play in your weight Discover which foods contain good fats and lean protein that...



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