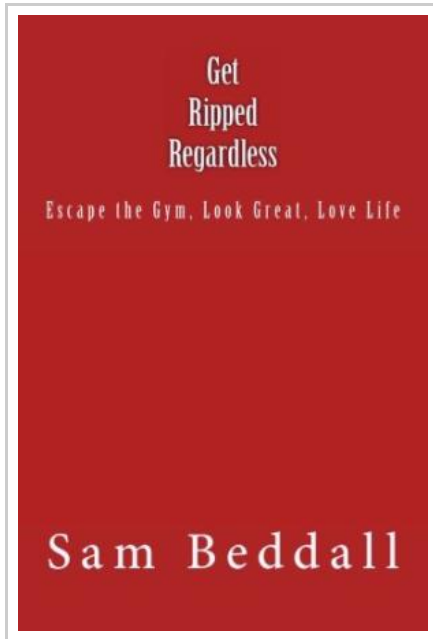




Get Ripped Regardless Escape the Gym, Look Great, Love Life Volume 1

By Mr Sam R Beddall

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Its time to stop the fitness merry-go-round for good. No more hundreds of pounds spent on supplements and gym memberships every month, no more wasted time battling complex gym sessions, no more nonsense about good genetics. This book will show you everything you need to know to: - Escape the gym and STILL build a body you can be proud of - Eat huge junk-food meals and still stay ripped gain lean muscle - Use your body for maximum functional strength and fitness - Invest wisely in supplements that actually work - Lose weight fast and keep it off forever - Choose the best exercises for a strong, sinewy body - Choose the intermittent fasting routine that works for you - Drink alcohol every week and still lose fat - Focus your mind and achieve whatever you want in life be it money, fame, love or the best body on the planet - You'll also discover some well-kept secrets such as: - How to increase your 1 rep max by 27, lose 5lbs of fat and add 9lbs of...



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