



Optimal Guide To Your Best Physique: Raw Truth Behind Nutrition & Training (Nutrition Book, How to Gain Muscle, Weight Training, How to Lose Weight, Diet book, Protein Diet)

Kameron George

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With many ways to pursue your fitness goal, there is always a smarter way to get the job done. This book serves as a blueprint to achieving amazing results in a quick and efficient fashion. The comprehensive information on nutrition and training answers the question of how to lose weight fast and reveal the definition in your abs. This simple guide explains how to significantly burn fat and build muscle without wasting time and unnecessary effort.

While you learn the truth behind nutrition and training, you will observe that you don't have to limit yourself to certain foods in order to reach your goal. This guide helps you filter through the misleading information among the fitness community and understand the basic science of how to effectively eat and train toward your goal physique. Whether you want to follow a bodybuilding diet, low carb diet, or casually eat how you feel, this book gives you the flexibility to structure your diet around your lifestyle. With tons of tips and advice to answer all of your fitness questions, you will be more than confident to go after the results you really want.

Optimal Guide To Your Best Physique includes:

- How To Achieve Faster Results
- The Best Diet For You
- Fat Loss Explained
- Weight Training Exercises
- Science Of How Muscles Grow
- How To Lose Belly Fat
- Clean Vs. Dirty Foods
- Supplement Analysis
- Abs Training
- Workout Motivation
- Rapid Weight Loss
- Vitamins and Minerals
- Fitness Misconceptions Exposed
- 10 Common Training Mistakes
- ..and many more

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Verna Riddle:

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