



The Bodybuilding.com Guide to Your Best Body: The Revolutionary 12-Week Plan to Transform Your Body and Stay Fit Forever (Paperback)

By Kris Gethin

SIMON SCHUSTER, United States, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The Guide to Your Best Body is a plan that promotes health from the inside out, starting by breaking down the mental blocks that are holding you back, then by building up the muscles on your body, and finally by fortifying you with delicious, healthy food. Rather than subtracting things from your life-cutting out calories, losing weight, banishing your belly-heres how to add more of the right things: more muscle, more support, and more success. Motivation is the key factor that drives permanent change, and The Guide to Your Best Body helps you activate your inner motivation and find the proper balance of weight training to make fit happen forever. Even people who have struggled with fitness for their entire lives can achieve spectacular, lasting results. Based on the best practices found at (the world s leading online fitness site with more than 2 million members worldwide), The Guide to Your Best Body shows that amazing things can happen when people get the tools they need to achieve their personal fitness goals.



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