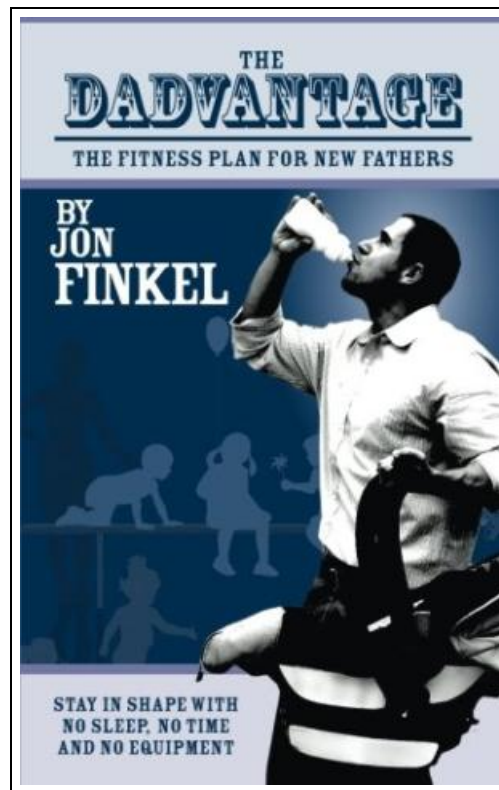


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(Rebecca Bechtelar)

THE DADVANTAGE: A BLUEPRINT FOR NEW FATHERS TO STAY IN SHAPE ON NO SLEEP, WITH NO TIME AND NO EQUIPMENT



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.In THE DADVANTAGE, Jon Finkel applies the same humor and logic he made popular in his national magazine columns to prove to men that being in shape and fatherhood aren't mutually exclusive. Relying on his first-hand experience as a dad and his time as a writer for the world's largest fitness publications, Finkel's book is as much a real-world guide for men to follow about how to make wise health decisions post-baby as it is a playbook for men to maximize their minutes during the craziest time of their lives. The book is divided into four fast chapters: Chapter I: Stop the Dad Bod Before It Starts Chapter II: Exercise While Exhausted Chapter III: Yeah Baby - The Unconventional Fitness Guide Chapter IV: The Simplest New Dad Diet That Guarantees Weight Loss Chapters I and II of the book reveal why the mainstream expectations put on new fathers to set their health aside for the good of their wife and child is ridiculous, why men shouldn't feel guilty about taking care of themselves and how every guy absolutely has the time in his existing schedule to perform some practical, easy exercises throughout the day to stay in shape. Chapters III and IV take a unique look at how new dads can use the simple things around them to fit in short, one or two minute workouts. Exercises like Car Seat Curls, Baby Bjorn Lunges and Mailbox Intervals transform everyday dad activities into calorie burners and muscle builders. The final chapter shows men how simple, subtle meal changes can have lasting and impressive effects on their diet and physique with minimal effort. The fact is, most men will...



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