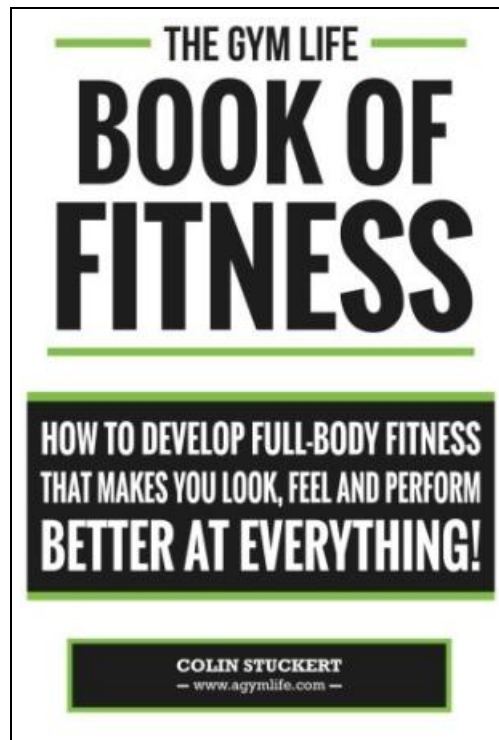


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you an athlete training for an elite competition? Are you a soccer mom who goes to the gym? Are you a gym rat? Are you an average Joe looking to get into fitness and need to learn a few techniques for getting results? If you answered yes to any of these questions, what you are about to read will be immensely valuable to you. There are numerous ways to approach fitness. Too many to count. There are even more variations to the human body from person to person. Basically, we each have our own set of fitness problems we must overcome. There are many programs and regimens you can follow to get results one way or another. Some produce better results than others, and some will work while others won't. It's impossible to write a single program that will work for every body type out there. Yet some still try. But there is another way. Your Fitness is An Education The more you know, the more power you have to get the results you want. The less you know, the more you spin your wheels and waste your money on programs, trainers, and gimmicks that don't work. Every technique in this book may not exactly fit perfectly with your goals, but most will. Take what works for you and start getting better! You are your best coach. No program, trainer, guru or expert in the world can tell you what's best for you. It's up to you to figure it out. With 50+ tips in this book that you can start today to improve your fitness, you will always have a technique...



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