



Buff Dad: The 4-week Fitness Game Plan for Real Guys (Paperback)

By Mike Levinson

HEALTH COMMUNICATIONS, United States, 2008. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Before: From Puffy Dad After: To Buff Daddy Your Saturday workouts at the gym have been replaced by Saturday Little League games; your morning run has become running out the door to make the daycare drop-off; and your romantic (and healthy) sushi night has become family pizza with a side of crayons. While being a dad changes your life for the better in so many ways, it can also be detrimental to your waistline and your overall health. Enter Mike Levinson, a nutritionist and trainer to many star athletes, who put on fifty pounds after his wife had their first child. Taking his years of experience--from inside training camps and test kitchens--he developed the Buff Dad Program, transforming his middle-age spread to six-pack abs and helping many other dads like him lose weight, tone up, and improve their health and energy levels--usually in less than 28 days. In this, the first program tailored with dads in mind, Levinson gives men the four-week game plan to get it...



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An exceptional pdf and also the typeface applied was intriguing to read through. It is definitely simplified but excitement in the 50 % in the ebook. I discovered this ebook from my dad and i recommended this pdf to find out.

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