



Fit for Vegas: Fit for Vegas - Be Fit by the Time You Land! (Paperback)

By Bruce Agate

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.These programs cut through hype and misinformation to make you one of the top ten fittest people anywhere you go in Vegas. Bruce tackles complex concepts and breaks them down into funny, yet understandable sequences. For example, see what fortune 500 companies and the super-fit have in common in the Six Sigma(TM) method to getting ripped and toned. Learn why you can t outrun a pizza. And see how physics and thermodynamics apply directly to getting lean and toned. These programs are for real people with real lives and real jobs. But also for people that want amazing results. Avoid trial-and-error and wasted time and money. Learn workout programs that are as effective as expensive programs like Insanity(TM), P90x(TM), Zumba (TM), or CrossFit(TM). Learn the real reason why diets like Slow Carb(TM), The Paleo Diet(TM), Intermittent Fasting(TM), and Atkins(TM) work - and focus on how to maximize their results. And learn the truth about controversial drugs, once only used by fitness pros and celebrities, but now available to the average citizen. This includes injectable substances such as human grown hormone,...



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