



The PMA Method: Stronger, Leaner, Fitter in 14 days. (Paperback)

By Faisal Abdalla

Octopus Publishing Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. The more I started doing classes and also working out with my trainer, Faisal Abdalla, the better I felt about myself - Ellie Goulding If you think I m motivated, you should check this guy out. He will get you up on a Monday morning - Joe Wicks Faisal Abdalla, aka Mr PMA , is a Nike master trainer, a master trainer at Barry s Bootcamp and Ellie Goulding s personal trainer. He believes that there are three golden rules to looking and feeling great: diet, fitness and, most importantly, a Positive Mental Attitude. The PMA Method is about working hard to achieve the body you want and a positive mindset in life; it is about understanding how the smallest of steps can have huge results and add up to a better you. Featuring structured exercise routines for the body and mind, delicious and healthy versions of your favourite food to fuel your fitness - wake up to a hearty breakfast of Kicking scrambled eggs, followed by a post-workout lunch of Itsa pizza pitta and finish your day with nutritious Fish chips - this book...



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