



Complete Guide To Fat Loss Training

Robert McAdams

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The Complete Guide To Fat Loss Training: How to Quickly & Effectively Lose Fat With Weights, Cardio, Diet, Supplementation, & Drive is a 97 page 8½ -11, soft cover book. Lots of folks aren't completely happy with their appearance. Much of this unhappiness can be attributed to their fat or body fat percentage. I was disgusted to look in the mirror not too long ago when I was over 17% body fat and tipping the scale at 235lb due to horrible diet, lots of stress, and no physical activity. I decided to put my foot down and put my knowledge to work for me...and you. This book gives insight to my own experience which resulted in nearly 25lb lost and 6% body fat decrease recently over a 9-week period. Many other authors works are reviewed to give the reader an understanding of fat loss along with the best diet, training, and supplements. This book provides a solid diet program, weight training regime, cardiovascular (aerobic) training program, supplement guide, as well as lifestyle management tips for success. This book also includes grocery lists, recipes, weekly/monthly plans, and supplement lists.

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