



**FITNESS GUIDE: Lose weight and get into best shape of your life now: Powerful secrets to get that body you have always dreamed of**

*John Monster*

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## **THIS BOOK WILL GET YOU INTO THE BEST SHAPE OF YOUR LIFE EVER**

This book not only contains some of the most powerful information you will read it is designed to get you results. It's time to let nothing hold you back and get the body you always dreamed of. I am an expert in what it takes to get you a sexy, well-toned body. I have trained UFC fighters, boxers, weight lifters and even middle-aged mums, so I don't care if you are actor, singer, student, professional or busy mother with no time to workout, I know this information works for everybody.

This book breaks down the complicated science of fitness and organises it into sections of the most powerful concepts available in the sports and fitness industry.

## **WHAT WILL THIS BOOK DO FOR YOU AND WHAT WILL YOU LEARN?**

- Learn why cardio may not be the most effective thing for you in weight management and fat loss
- Learn why your body will fight attempts to diet and puts the weight back on. Why results from dieting is like a yo-yo
- Why bottled vitamins and supplements are not really healthy for you like you have been taught to think
- How your body builds muscle and how you can give it what it needs for muscle growth.
- What you need to know about eating to fuel rapid results
- Objective look and genetics and steroids (all you need to know)
- You will understand body-fat
- Why there are no quick fixes and how you can make lifestyle easy and effective changes for lasting results
- + Much more

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**unlimited and lets get you in the best shape of your life.**

## **TRUTH ABOUT THE FITNESS INDUSTRY**

We spend billions of dollars worldwide trying to get in shape and cure obesity. The majority of fitness programmes are not really effective. So many people just like you are not getting the results they want or deserve.

Hours, weeks and months are spent slaving away in the gym, time is wasted as we starve ourselves, we waste money and time in buying gimmicks from an infomercial that just don't get results. The industry offers time-saving gimmicks that offer to magically transform our bodies. The truth is neither hours in the gym or the latest fad gimmick product, supplement or DVD is the answer. The answer to unlock your personal fitness success lies within you. In this book I will take you a on journey of discovery and show you how I have got results for many people just like you over the past 20 years.

## **THE AUTHOR**

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