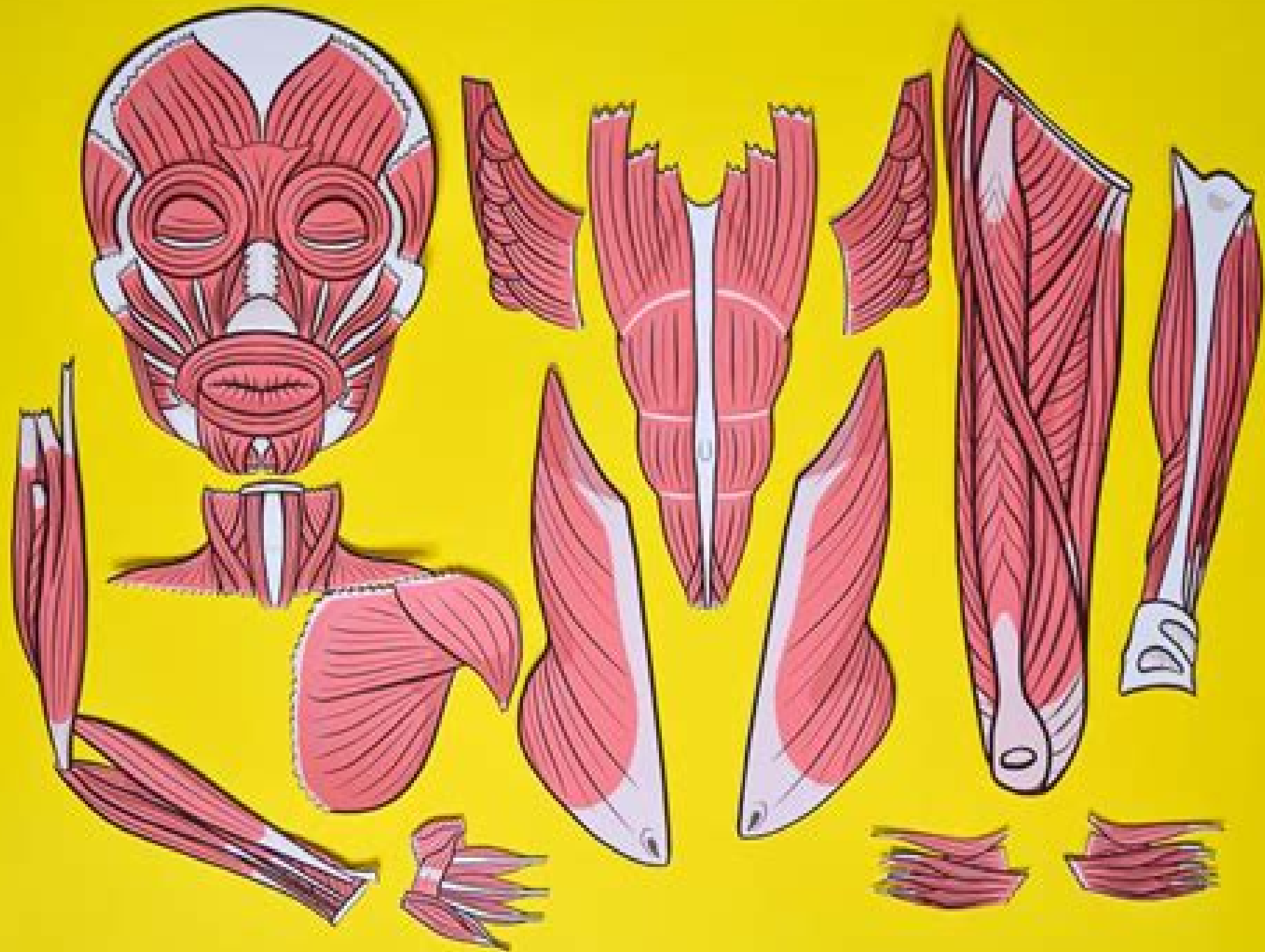




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one of the world's most sought after personal trainers has produced a comprehensive fitness guide specifically tailored to the unique needs and goals of men. In this book you will find workout programmes that can be performed at home or in the park as well as in the gym making this resource completely accessible and convenient. *Body Trainer for Men* offers solutions to the most common issues men face inside and outside the gym. So if you are stressed or overweight and want to muscle up in a short time now you have the means to fix these problems without spending for a personal trainer. The methods and training plans are all linked so rather than being forced into a particular goal you can make desired improvements concurrently.

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Men's Health Better Body Blueprint Michael Mejia, 2006-07-25 A training resource for men who are resuming a fitness regime outlines a customizable workout plan designed to minimize discomfort and maximize results in a guide that includes coverage of strength training flexibility improvement and nutrition.

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