



How To Lose Fat & Build Lean Muscle

Brad Gouthro

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How To Lose Fat & Build Lean Muscle is a fitness and nutrition guide that provides you with 10 unique workout and nutrition strategies your personal trainer never told you about.

If you think the best way to lose fat and build lean sexy muscle is going on low fat diets and doing boring cardio for hours everyday, this book is for you. The strategies detailed in this book do not recommend what many mainstream fitness experts consider mandatory requirements for fat loss. This includes forcing people to live on cardio machines and eat nothing but boring low fat meals such as boiled chicken, broccoli, and brown rice. Remember, this is a lifestyle and nobody can sustain such a boring diet and workout plan over the long-term. The techniques discussed in this book allow you to live a healthy lifestyle and still enjoy the variety of your workouts and diet.

Most fitness and diet information you hear from the media is paid for by the multi-billion dollar food industry. This is the same food industry that is making billions of dollars by feeding you nutrient void, processed, and cheap junk food. These dead foods are heavily processed and contain nasty chemicals that literally prey on your body's cells.

The workout and diet strategies in this book work for males, females, beginners, and more advanced athletes. It shares a new way of thinking with simple ways to maximize your results inside the gym and kitchen.

You will no longer be confused about what you should be doing in the gym and what you should be eating at home/on the road, to build a lean, sexy, and healthy body. You will also never hit that dreaded plateau stage where the fat loss and muscle gains stop. This book shares with you new and effective training styles and tips to bust through any plateaus, along with healthy diet strategies that will make it easier for you to get lean and lose your unwanted body fat. If you follow the strategies outlined in this book, you will look and feel great with a new sense of youthful energy too. This is why health is such a wonderful thing!

Remember what it was like when you could physically perform at a high level in sports, around the house, and in the bedroom? Well guess what, it is not too late to have that life back again. It does not matter what your current fitness and health level is. By reading this book and implementing these tips, you're taking responsibility for your life and reducing your risk of obesity, sickness, and disease.

The scary thing is, you are not alone. Our society is entering a health crisis as obesity is increasing and overall health is decreasing. Close to 70% of Americans are now classified as overweight or obese. Statistically speaking, more than 2 out of 3 Americans walking down the street will be overweight or obese! What is even worse is this number is growing!

Make the choice now that it is time for change. Join me on this new journey to a healthier, sexier, leaner new you. The unique strategies detailed in How To Lose Fat & Build Lean Muscle, will get you fast, safe, and sustainable results that will help you lose fat and build lean sexy muscle for the rest of your life.

Strategy #1: What Is The Most Effective Type Of Cardio To Get Lean?

Strategy #2: To Get Lean Is It More Effective To Target Specific Muscle Groups Or Perform Complex Movements That Incorporate Multiple Muscle Groups?

Strategy #3: To Get Lean Should I Always Stick With Workouts I'm Familiar With?

Strategy #4: What Is The Best Exercise To Get Lean?

Strategy #5: What Is The Best Type of Workout To Get Lean?

Strategy #6: What Should I Eat or Drink After My Workout To Maximize Recovery And Results?

Strategy #7: To Get Lean Should I Avoid Eating Fat In My Diet?

Strategy #8: What Foods Should I Keep In My Kitchen?

Strategy #9: If I Eat Healthy Do I Still Need To Take A Multi-Vitamin/Mineral?

Strategy #10: How Can I Make Healthy Choices When I Have To Eat Fast Food

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John Stanley:

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Amos Curley:

The actual book How To Lose Fat & Build Lean Muscle has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you may get the point easily after reading this book.

Oliver Lyle:

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