

From Fat and Flaccid to Lean and Powerful: The Ultimate Guide to Getting Fit and Strong



The Purposeful Primitive: From Fat and Flaccid to Lean and Powerful by Marty Gallagher

★★★★★ 5 out of 5

Language	: English
File size	: 35214 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 109 pages
Lending	: Enabled

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Are you ready to make a change?

If you're tired of feeling overweight, out of shape, and weak, then this book is for you. *From Fat and Flaccid to Lean and Powerful* will teach you everything you need to know to get in the best shape of your life.

This book is not a quick fix or a fad diet. It's a comprehensive guide to fitness and nutrition that will help you make lasting changes to your lifestyle. You'll learn how to:

- Lose weight and keep it off
- Build muscle and strength
- Improve your cardiovascular health
- Boost your energy levels
- Sleep better
- Feel more confident and happy

From Fat and Flaccid to Lean and Powerful is the only book you need to get fit and strong. It's packed with practical advice, easy-to-follow workouts, and delicious recipes. Whether you're a beginner or an experienced athlete, this book has something for you.

What's inside the book?

From Fat and Flaccid to Lean and Powerful is divided into three parts:

1. **Part 1: The Basics**
2. **Part 2: The Workouts**

3. Part 3: The Nutrition

Part 1: The Basics

This section covers the basics of fitness and nutrition. You'll learn about the different types of exercise, how to create a workout plan, and the importance of nutrition. You'll also find information on how to overcome common obstacles to fitness, such as lack of time, motivation, and willpower.

Part 2: The Workouts

This section contains a variety of workouts for all fitness levels. You'll find workouts for beginners, intermediate, and advanced athletes. The workouts are designed to help you lose weight, build muscle, and improve your cardiovascular health. You'll also find workouts for specific body parts, such as the chest, back, legs, and abs.

Part 3: The Nutrition

This section covers the basics of nutrition. You'll learn about the different types of nutrients, how to create a healthy diet, and the importance of hydration. You'll also find information on how to make healthy food choices and how to avoid unhealthy foods. You'll also get 22 delicious recipes to help you achieve your fitness goals.

Free Download your copy today!

From Fat and Flaccid to Lean and Powerful is available now on Our Book Library.com. Click here to Free Download your copy today and start your journey to a healthier, happier you!



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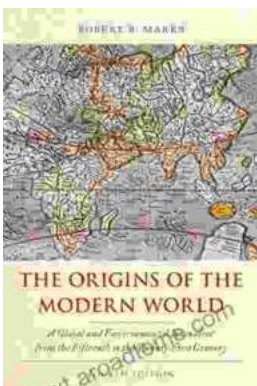
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