

Take Your Body to the **NEXT LEVEL** in Fitness Training!

Ready, Set, GO!

SYNERGY FITNESS
for Time-Crunched
Adults

Phil Campbell
M.S., M.A., FACHE

**THIS STEP-BY-STEP GUIDE
SHOWS YOU HOW TO:**

- Increase Your Body's Anti-Aging Growth Hormone—Naturally!
- Look Years Younger While Achieving Optimum Health & Fitness
- Develop a Sprinter's Physique—at Any Age!
- Rediscover the Energy of Your Youth

A Fully Illustrated Workbook for Beginners to College & Pro Athletes



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