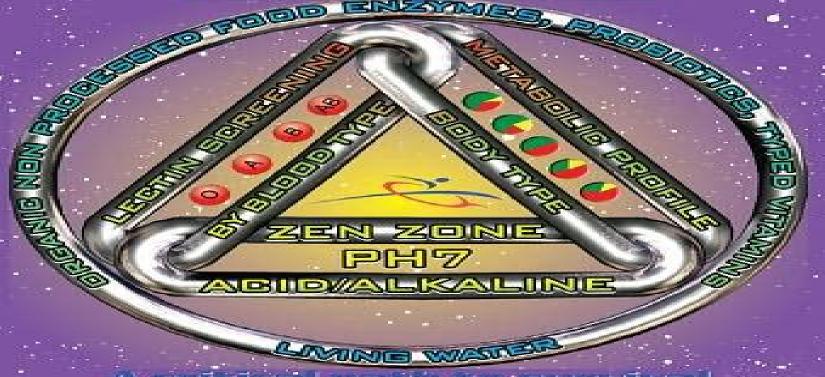
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A critical path to survival in the new millemium

Quantum Fitness The Lazy Mans Guide To Perfect Health Workshop Manual

Edited by Butler Marian, Marian Butler

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each consisting of intense one to two hour weight lifting sessions Did it work Kind of I did gain some muscle But I felt terrible dreading the thought of dragging myself to train Something had to change Because there was no way this could be considered healthy That's where this book originates from There had to be a simpler way than the drudgery and relentless sacrifices the fitness industry claimed you had to make And there was This book highlights the principles I have learned through my own research and self experimentation that make fitness work for you not the other way around Because there is more to life My ideas aren t for people trying to be professional bodybuilders or physique competitors It s for the lazy men and women who don t want to sacrifice everything in order to get in shape And I have good news You don t have to In this book I cover training nutrition and other essential facets of a healthy lifestyle in a way that makes getting in shape a sustainable process Because ultimately that sour aim The information in this book will allow you to create your own exercise regime eat flexibly and still achieve your body composition goals If you don t want to create your own plan there are six different exercise templates you can use at whatever stage you are in your training journey. The time commitments required range from two to four hours per week depending on the plan and there is still room for further modification I m not trying to tell you how to live your life I m just trying to give you the tools to decide for yourself Also I do my best to shatter the myths of fad diets unnecessary cardio cleanses and other nonsensical information I provide an honest outlook on supplements and do my best to unchain you from any beliefs perpetuated by a fitness industry that wants nothing more than your money I train around three hours per week I don t count calories And in two years the results I ve achieved dispel almost every absurd claim made by these people They want your money I want to help you Getting the body of your dreams does not have to be a dream for much longer To conclude this book is for everyone Whether the goal is to gain muscle lose weight or just become a healthier human being the strategies I preach make these goals more sustainable and as such feasible for the average person Because I didn t do anything special I just trained smarter Men and women alike I call you no matter how lazy you think you are It s time to make your body goals a reality The Lazy Man's Guide to Physical Fitness Kenneth Dwight Rose, Jack Dies Martin, 1977

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