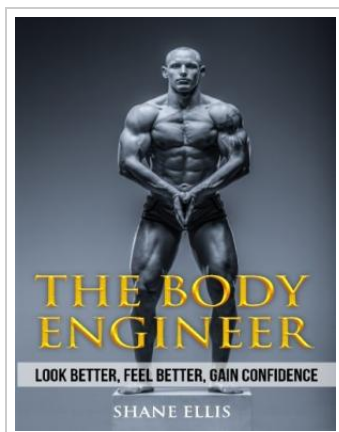




The Body Engineer

By Shane Ellis

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 102 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. THE 1 NO BS NATURAL BODYBUILDING BOOK WITH WORKOUT VIDEOS INCLUDED If you want to build muscle, lose fat, and look great as quickly as possible without the use of steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements. . . then this book is for YOU. Heres the deal: Do you ever find yourself confused, not believing, or just unmotivated Its okay, its not your fault. The market for fitness information is over-saturated with BS information. The truth is, building muscle and burning fat isnt nearly as complicated as the fitness industry wants you to believe. You dont need to spend hundreds of dollars per month on the worthless workout supplements that steroid-fueled bodybuilders swear by. You dont need to constantly change up your weightlifting exercises to build muscle mass. Muscle building is much simpler than that. You dont need to spend a couple of hours every day doing tons of weight training sets, supersets, drop sets, etc. You dont need to grind out hours of boring cardio to shed ugly belly...



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