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A comprehensive yet straightforward and effective roadmap to better fitness and health. (Joe Manganiello 2013-12-03)

With a build that men envy and women adore, Joe Manganiello is more than qualified to write an efficiently. An entirely new way to train. Up until now working out has been defined as having one of two approaches: Bodybuilding and Weight Training, which focus on increasing weight and muscle mass, or Cardio and Aerobic work, which focus on burning calories. Joe Manganiello’s take on fitness is different. He’s not focused on size or body composition, but on performance. He’s not interested in chasing the latest fitness fad, but in finding the right balance of exercise and diet that will allow you to perform better, look better, and feel better. With his unique approach, Joe has helped thousands of people improve their lives and achieve their fitness goals. In his book, you will learn how to:

- Choose the right exercises for your body type
- Build a personalized workout plan
- Find the right balance of exercise and diet
- Stay motivated and see results

Manganiello’s philosophy is simple: fitness is not just about looking good, it’s about feeling good. By following his advice, you’ll be on your way to a healthier, happier, and more confident you. So if you’re ready to take your fitness to the next level, then this book is for you. With Joe Manganiello as your guide, you’ll be on your way to a better life in no time!
The Swimmer's Workout Handbook

The Swimmer's Workout Handbook organizes optimal to vary intensity, interval distances, recovery, and strokes, all within one workout session. The diversity week, or as an addition to a multi-sport training regime, swimming helps maintain a healthy weight, heart, and stronger, faster, and more proficient swimmer. The Swimmer's Workout Handbook includes: 100 swim workouts for all experience levels: fitness, Masters level, or competition. Easy-to-follow pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer's Workout Handbook is a complete guide to escaping the routine of pool swimming with varied training workouts to keep you challenged and engaged, and improve your performance. Expert and multi-sport coach Terri Schneider combines skill training with variations in speed, distance, and technique for an effective and easy-to-follow series of pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer's Workout Handbook includes: 100 swim workouts for all experience levels: Expert-designed pool workouts - A guide to common swim terms used in the workouts - Information on gear and guidelines to get the most out of your workouts Swimming improves core, muscular, and how to create flexible diet plans that help you transform your body composition eating the foods you love—without ever feeling starved, deprived, or like you’re “on a diet.” A paint-by-numbers training system that will help you add lean muscle to all the right places and get sexy, athletic curves . . . spending no more than three to six hours in the gym every week . . . doing challenging, fun workouts you enjoy. A no-BS guide to supplements that will show you what works and what doesn’t, saving you hundreds if not THOUSANDS of dollars each year. And a whole lot more! Imagine . . . just 12 weeks from now . . . being constantly complimented on how great you look and asked how the heck you’re doing it . . . Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you’re getting healthier every day . . . The bottom line is you CAN get that “Hollywood hale” body without following horrid, boring “bodybuilder” diets or living in the gym. This book shows you how. SPECIAL BONUSES FOR READERS With this fitness book, you’ll also get a FREE 56-page reference guide with all of the book’s key takeaways, a year’s worth of Bigger Leaner Stronger workouts, 10 premade meal plans for cutting and lean bulking, and more! So, scroll up, click the “Buy” button now, and begin your journey to a bigger, leaner, and stronger you!

Intuitive Eating, 2nd Edition

Intuitive Eating, 2nd Edition

Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Eating for Life - Bill Phillips 200

The popular fitness author explains how to achieve a healthy lifestyle and avoid dieting by planning balanced, nutritious meals and offers 150 nourishing recipes for breakfasts, lunches, dinners, and desserts.

Buy this book and get a FREE 56-page reference guide with all of the book’s key takeaways, a year’s worth of Bigger Leaner Stronger workouts, 10 premade meal plans for cutting and lean bulking, and more! So, scroll up, click the “Buy” button now, and begin your journey to a bigger, leaner, and stronger you!

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