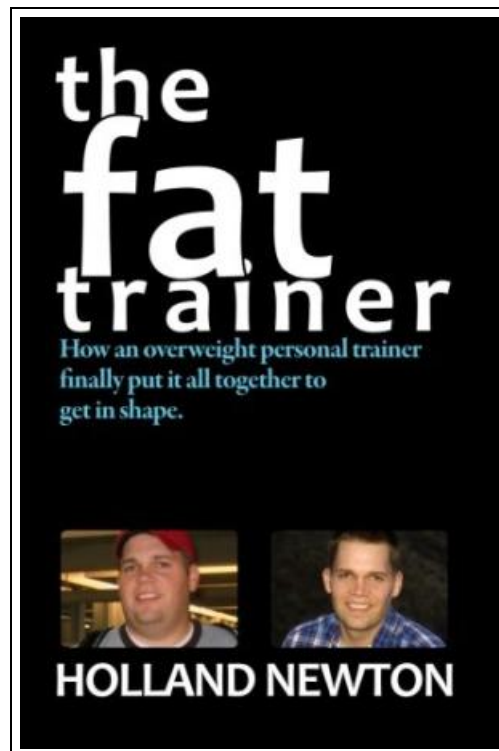


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(Prof. Lonie Roob)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 110 pages. Dimensions: 8.0in. x 5.2in. x 0.2in. Holland Newton was a fat personal trainer and even though he knew how to get his clients in better shape, he just couldnt do so for himself. . . . until now! Holland was finally able to put it all together to lose the extra weight he had carried all his life. He went from 280 lb (127 kg) to 220 lb (100 kg) in about six months following the guidelines found in The Fat Trainer. That was in 2008. In 2012, hes down below 199 lb (90 kg). Did you know that 97 of people who lose weight, gain it all back (and more) within 5 years (According to a National Institutes of Health study.) By following his plan, Holland has not only been able to reverse his lifelong challenge of being overweight, hes getting more and more fit. This book is quick-hitting and an incredible value. Holland purposefully gets straight to the point in The Fat Trainer so you can achieve your fitness dreams. Regardless of whether youre looking to lose weight, The Fat Trainer is packed with tips, tricks and advice that will garnish the routine of parents, youth, the average Joe, and even the most seasoned fitness guru. The book also contains links to exclusive content such as real-life meal plans and strength training routines. Dont forget to join the discussion on Facebook to have your questions answered by Holland himself. Facebook. comFatTrainer Come along with Holland as he shares his story of how he finally put it all together to get in shape. Learn the value of lifting, cardio, nutrition, intangibles and goals so that you might change your life and help...



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