



Blunders in the Gym: Fitness Mistakes to Avoid for Physique Perfection (Paperback)

By Marshall a Nash

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tired Of Putting Hours In The Gym With Little To No results? Learn How To Avoid The Mistakes That Hold You Back In The Gym, And Learn The Right Ways Of Working Out For Maximum Results! With the right knowledge and dedication, working out is fun and can improve your health and quality of life dramatically! If you want to achieve real and lasting fitness results, I can show you how! Learn how to: Get into the best shape of your life and feel amazing Blunders in the Gym exposes the mistakes that can hold you back from achieving the body of your dreams. These avoidable exercise mistakes are made by countless individuals who are victims of the inability to change their bodies. The author himself has been a victim of each and every one of the mistakes laid out in this book. Through countless years of trial and error, observation, experience, formal and self-education, the author has uncovered the answers to the question of, why am I not getting the results I want out of the gym!? Fitness tips and techniques...

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