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How Much Does a Zebra Weigh? (Paperback)

By Kyle Brown

Strive 4 Fitness, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self-confidence comes from building a sound mind in a healthy, strong body. How Much Does A Zebra Weigh? will be the best class you ve ever taken. The easy and practical nutrition and fitness secrets revealed in this book will transform the way you live your life! These are the same tools Kyle used to change from a scrawny, shy kid who struggled to fit in- into a leader in the fitness industry. You ll learn what he teaches world-class professional athletes and the biggest celebrities to give them that A-list edge. The book is the manual for the free 21-Day Strive 4 Fitness Game on It s your kick-start to transform the way you look, feel, and think in just 21 days! You ll kick start your journey to optimal health and fitness and enjoy the benefits for the rest of your life! It will provide you with hands-on tools to apply our unique nutrition and fitness principles into your on-the-go, twenty-first century lifestyle. You ll learn cutting-edge fitness tips and how to cook and prepare quick, easy, and...

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