



The 9 Principles for a Lean Defined Body: An Essential Guide for Reducing Body Fat and Developing Lean Muscle at Any Age (Paperback)

By Philip J Hoffman

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you eating the proper foods to maintain a lean body? Do you know which training methods shape and define your body? Why is it so difficult to lose that stubborn belly fat? Are cheat meals really ok? If these issues concern you, you may have noticed the sheer amount of available information is daunting, and so contradictory! No wonder Americans continue to fight fat with very poor results. The 9 Principles for a Lean Defined Body ends the confusion once and for all. Within its pages, you will learn the tricks to finally succeed in your goal to develop a lean defined body. Philip's recent release of the Expanded Version of his book goes into further details on exactly how to implement every principle discussed in part one of his book. It even includes charts for what size dumbbells the average male and female should start with, how to determine your exact daily calories as well as the breakdown of macronutrients for fat loss. Things like how many grams of protein, carbs and fat are thoroughly explained so there...



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Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II

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