



Clean & Lean Warrior: Your Blueprint for a Strong, Lean Body

By James Duigan

Kyle Books. Paperback. Book Condition: new. BRAND NEW, Clean & Lean Warrior: Your Blueprint for a Strong, Lean Body, James Duigan, James Duigan's philosophy is that your body can never be Lean unless it's Clean of toxins. This simple but effective message has helped thousands to lose weight and get fit. He has now turned his attention to men who have busy lives and need to fit their training and diet around their lifestyle without spending hours at the gym. Clean & Lean Warrior includes: * Maximum-impact exercises with step-by-step photography * Recipes for stress-busting food and instant energy boosters * Motivational advice and his trademark 'Bad, better, best' columns Packed with tips and expert guidance, it is guaranteed to get you fighting fit and turn your soft paunch into a 6-pack in no time.



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