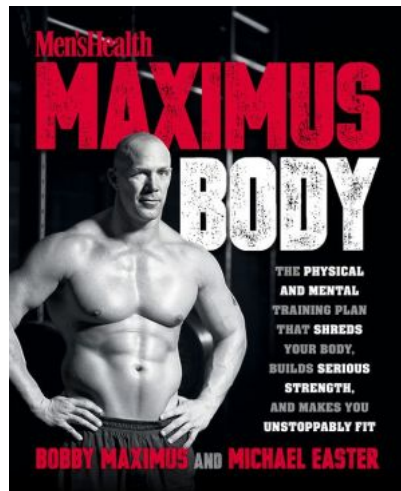


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**Men's Health Maximus Body: The Physical And Mental Training Plan That Shreds Your Body, Builds Serious Strength, And Makes You Unstoppably Fit by Bobby Maximus, Michael Easter**

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Men's Health Maximus Body: The Physical And Mental Training Plan That Shreds Your Body, Builds Serious Strength, And Makes You Unstoppably Fit by Bobby Maximus, Michael Easter Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppably fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work—and Bobby can show you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness. And makes you unstoppably fit. Bobby Maximus, Michael Easter (PDF, ePub, Mobi)

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