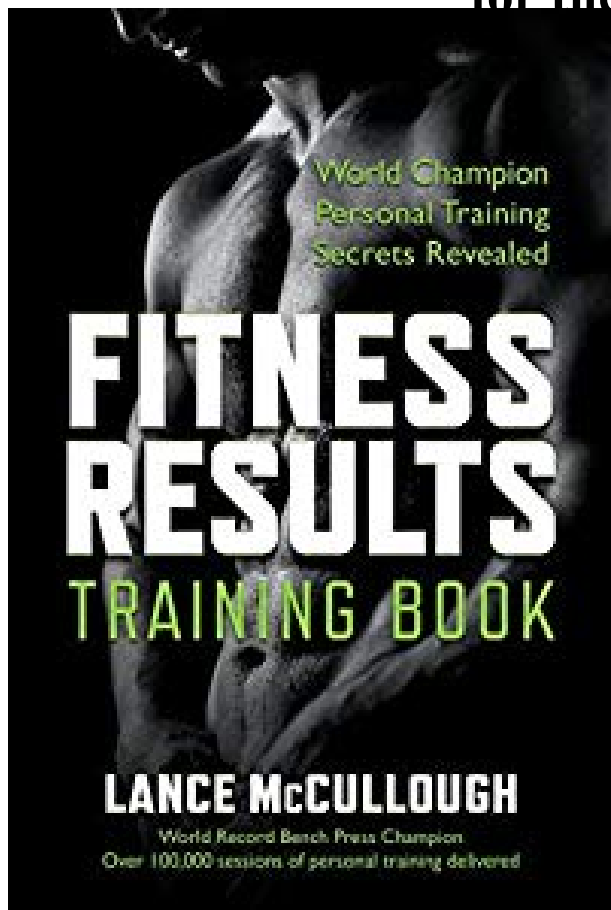


Fitness Results Training Book: 30 Minute Workouts: Weight Training, Health, Fitness & Dieting (Nutrition) for the Aging to Youth



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[Fitness Results Training Book: 30 Minute Workouts: Weight Training, Health, Fitness & Dieting \(Nutrition\) for the Aging to Youth.pdf](#)

[Fitness Results Training Book: 30 Minute Workouts: Weight Training, Health, Fitness & Dieting \(Nutrition\) for the Aging to Youth.epub](#)

Fitness Results Training Book reveals how only three 30-minute weight training workouts a week, combined with a sensible diet, allows you to achieve your health and fitness dreams without end hours of exercise and cardio, and without feeling beat up and sore. The book also reveals why what you've been told by the health and fitness industry is actually keeping you from achieving your dream body. Common-sense training methods that you rarely hear about are explained in clear language that makes sense. This unique program combines the science and art of strength training into a system that is quick, safe, efficient and effective. Fitness Results Training Book is based on author Lance McCullough's personal experience as a world champion bench press weight lifter and his 100,000+ personal training sessions with clients as a certified personal trainer. During his years as a weight lifting competitor, Lance developed a health, fitness and nutrition regimen that propelled him to world champion status. As a personal trainer, he modified the regimen to include diet and weight loss as well as weight training, so it works for people of all ages, fitness levels, and motivations. The Fitness Results Training Book is effective for youth and seniors; amateur and professional athletes training for a variety of sports; for the aging; for Baby Boomers, Gen Xers, Millennials and

Post-Millennials. Fitness Results Training Book lays it all out – nothing is held back. The author shares all his personal training secrets and the stories of clients he helped achieve their ultimate fitness dreams.

30 Fitness Results Training Book will teach you • How surprisingly fast and easy it is to achieve health, fitness and a great body image using quick workouts. • How to lose unwanted weight and achieve a leaner, toned, healthy and attractive body. • Simple and effective diet and nutrition strategies based on your personality and lifestyle that works for both men and women • How to design and carry out a fast, safe, fun, effective and efficient exercise program based on weight training that works for everyone – men, women, seniors, middle-aged and youth. • How different cardiovascular exercise programs affect your body, allowing you to pick the one that is best for your goals, and why most traditional cardiovascular programs result in unhappiness with your body image and how you feel. • The importance of a proper mental attitude and how to achieve it.

• How to regain youthfulness at any age so you can live a more fulfilling life. • About sources of information and how to distinguish good information from bad. • How your muscles and energy systems work and injury prevention Fitness Results Training Book is a comprehensive yet common-sense and easy-to-read presentation of everything you need to know to achieve the kind of body you've always dreamed of. It is the next best thing to being a personal training client at the Fitness Results gym. It gives you the information, tips and guidance you need to turn your dreams into reality. Now is the time to begin!