



4-Dimensional Fitness: Looking the Best You ve Ever Been, Naked (Paperback)

By Jax Solomon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You re about to learn an easy, simple-to-follow system for how to eat, and how to train, so you can look the best you ve ever been, naked. It s so easy, your grandma can do it. This is the book you wish you read a long time ago before the mainstream health and fitness propaganda confused the heck out of you and coaches sold you products that don t work. You ll learn the psychology, biology, and science of *being toned*. For most people, it s the deal. It s the mythical, magical, thing they can t achieve because of all the confusion and propaganda out there from this behemoth of an industry, of health and fitness, out there just to get your money. There are three parts to the system, the ESS system. When you apply these 3 things into your daily life, you ll get toned so fast, your friends and family s jaws will drop and your instagram followers will ask how you did it. If you didn t have instagram, you will want to get it...



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