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By Shawn Arnold

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Use a BARSTOOL and a BACKPACK to sculpt your abs and build the body you ve always wanted! Faced with the scare of high blood pressure I was determined to lose weight and to find a solution that would fit into my small home and extremely tight budget. However, due to my busy schedule I didn t have a lot of free time to devote to exercise unless I wanted to wake up at 4am. Unfortunately, I m not a morning person so waking up at the crack of dawn just wan t going to happen. My local community center offered a great rate on their memberships for residents of and people who work in the community. They had machines and equipment which allowed me to work muscles most of us don t even have. However, having to wait to use the equipment further cut into the already short amount of time I allotted for exercise. I attempted to squeeze exercise into my day by going for jogs during my lunch hour, but that left...

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