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12 Week Body Plan MagBook (English Edition)



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Prsentation de l'diteurThe 12 Week Body Plan is the complete guide to building the body you have always wanted. It details everything that world-leading trainer Nick Mitchell did with Men's Fitness deputy editor Joe Warner to add 10kg of muscle and lose 8kg of body fat in just 12 weeks, to turn an "ordinary Joe" into the cover star of the Mens Fitness magazine. This book covers all aspects of Joe's nutrition and supplementation plan, as well as every exercise, set, rep, rest interval and lifting tempo all clearly detailed for each and every workout. No stone has been left unturned to give you the definitive guide to transforming your physique in record time. This book also contains a free pull-out workout plan so you can log and track your progress towards a bigger, stronger and leaner body.Prsentation de l'diteurThe 12 Week Body Plan is the complete guide to building the body you have always wanted. It details everything that world-leading trainer Nick Mitchell did with Men's Fitness deputy editor Joe Warner to add 10kg of muscle and lose 8kg of body fat in just 12 weeks, to turn an "ordinary Joe" into the cover star of the Mens Fitness magazine. This book covers all aspects of Joe's nutrition and supplementation plan, as well as every exercise, set, rep, rest

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