



THE TOTAL BODY RESISTANCE BAND TRAINING MANUAL

Juan Santos

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From two experts whose medical education and many years' experience in the British Army has given them a thorough understanding of food and nutrition and fitness training, this self help guide contains all you need to get in shape and lead a fitter and healthier life. Incorporating a tailored diet plan for every body type to encourage healthy eating, all with the help of simple sports equipment and a variety of exercises proven to work on soldiers and civilians alike, this is one book that will mean you never have to invest in another overpriced gym membership again.

This manual can truly be used anywhere, from the comfort of your own home to the bustling workplace. These guys know what they are talking about, and bring to bear all their medical education and experience to walk you through the importance of healthy eating to maintain a strong platform for exercise, as well the interaction between nutrition and fitness training. In this self-help guide and without the use of bulky sports equipment you will learn how to become stronger and more coordinated, how to increase your flexibility, and how to create and stick to a diet plan tailored to YOUR body's needs.

Forget expensive gym memberships and those fad diets that never seem to get you anywhere and check out the LOOK INSIDE feature now.

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