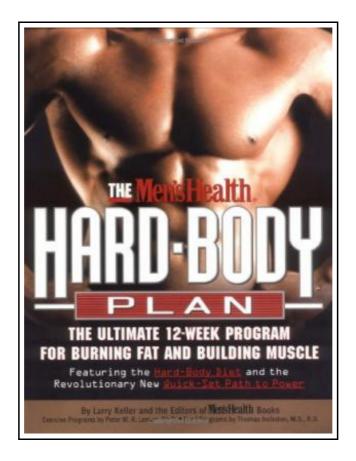
# The Mens Health Hard Body Plan: The Ultimate 12-Week Program for Burning Fat and Building Muscle



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### THE MENS HEALTH HARD BODY PLAN: THE ULTIMATE 12-WEEK PROGRAM FOR BURNING FAT AND BUILDING MUSCLE



Rodale Press. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 10.6in. x 8.2in. x 1.0in.BIGGER SHOULDERS! BULGING BICEPS! RIPPED ABS! A LEANER TORSO! STRONG LEGS! Get the Body You Want in Just 12 Weeks-- Guaranteed! For fast, effective results, look no further than The Mens Health Hard-Body Plan by Larry Keller and the Editors of Mens Health-- because you wont find this information anywhere else! Based on solid scientific research and exclusively developed by two leading exercise and nutrition gurus, The Mens Health Hard-Body Plan features: Three cutting-edge 12-week full-body muscle plansChoose the level thats right for you and start pumping Revolutionary Quick-Set Paths to Power Get fast results without spending half your life in the gym A sensible eating plan to keep you fueledThe Hard-Body Diet allows you to eat six times a day, so youll never be hungry! It includes hearty recipes for every meal, plus dozens of snack suggestions and fast-food take-out options Clear step-by-step instructions and accompanying photographs ensure that youll have no trouble following the Hard-Body Plan. And a 3-week rotation of exercises means that you wont get bored, either. Easily customized to meet your specific goals, this plan is the ultimate guide to building bulk and shedding fat. GOODBYE TO LOVE HANDLES AND SAY HELLO TO A BODY THAT WILL MAKE HEADS TURN! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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