



TransformWise Your Complete Guide to a Wise Body Transformation

By Dr. Scott A. Johnson

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Begin your body transformation today! The TransformWise body transformation system is a comprehensive 12-week program designed to reveal your ideal physique and enhance your overall well-being. Bringing together the best of strength training, plyometrics, yoga cardio and core-strengthening exercises, with unique and scientifically founded nutritional guidance. The TransformWise system melts fat, builds lean muscle and boosts metabolism. Over 100 different exercises keep your workouts fun and interesting, while built-in flexibility allows you to customize your routine according to your fitness levels and goals. This item ships from La Vergne, TN. Paperback.



READ ONLINE
[9.41 MB]

Reviews

This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.

-- **Odessa Graham**

I just started out reading this ebook. It is rally exciting throgh reading through time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Leonie Collins**