



101 Fat-Burning Workouts & Diet Strategies For Men: Everything You Need to Get a Lean, Strong and Fit Physique (101 Workouts)

By Berg NSCA-CPT, Michael

Triumph Books, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The perfect resource for anyone looking to lose weight and look great, this health guide includes easy-to-follow cardio and weight training routines, recipes, and meal plans. Following on the heels of the ultra-successful Triumph titles, 101 Workouts and 101 Workouts for Women, is a new book in the "101" series that delivers even more breakthrough fitness advice for people of all ages. In 101 Fat-Burning Workouts & Diet Strategies for Men, the editors of Muscle & Fitness magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes.



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