



Krishna Warrior Fitness Challenge: The Workout of Your Life

By Ark Madej

Arkadiusz Madej, United States, 2010. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book. The book you are holding in your hand, Krishna Warrior Fitness Challenge, is a manual for becoming functionally strong, primarily in body but also in mind. You will find here a genuine way of how to transform your body, mind, and rediscover your real spirit as a warrior. If you ever desired to be healthy on all three levels - that is, body, mind, and spirit - this book is for you. If you ever wanted to learn uncommon exercises that you don't usually learn from even fitness trainers, this book is for you. If you ever wanted to call yourself a warrior, this book will make you a real warrior. This book will make you reach for the best within yourself and bring you the true medal of achievement. If you always avoided exercise because you had no plan or motivation, this book gives a definite plan of action surcharged with spiritual motivation. If you ever wanted to have fun with your exercise routine, this book will not bore you. As a fitness book, it will walk you through...



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