



Full Body Workout - Burn Fat and Build Muscle in 28 days (Ultimate Body Training - Gym Workouts)

Howard Standring

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This is the second of my full body workout series that are designed be used in the gym to help you burn fat,build muscle and finally get that ultimate body you have always wanted.

Let me ask you this. Are you going to the gym week after week and not seeing any real improvements in your body?

Are you tired of being the "nearly guy or girl" when it comes to how you want to look.

I know how frustrated you feel because for years I did the same going to gym or working out at home without ever quite getting the body I craved.

After becoming a personal trainer I finally figured out what was the missing element to my training and the result was finally a body I was proud of.

These workouts are the start to your transformation.

In just 4 weeks or using these workouts you will start to see your body get leaner and firmer with increased muscle definition in all the right places for your ultimate body shape.

Each workouts is designed to last no more than 30 minutes and the program consists of 4 of these total body workouts each week.

So in just 2 hours a week and with the right nutrition plan that is supplied for free once you have purchased the workout I guarantee you will see start to your body get stronger while losing body fat and gaining muscle.

My full body workout program is based around using free weights as I believe they are the most effective and quickest way to transform your physique.

Also as a bonus and thank you once you purchase this workout program you also get free access to all my current and future workouts that are listed on the Kindle marketplace.

Time to get busy and make this your breakthrough year.

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