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Mens Body Sculpting

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Guaranteed To Gain Muscle

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Burn Fat

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Guaranteed To Gain Muscle Burn Fat

Outlines a training and nutrition
program specifically for women
designed to strengthen and smooth
the abdominal muscles, provides

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instructions for a variety of exercises, and lays out a schedule of workouts.

Die Kettlebell ist die Kalaschnikow unter den Fitnessgeräten: schlicht, urtümlich und enorm wirksam, um Kraft, Stärke und Ausdauer zu entwickeln. Einst das heiß geliebte und bestgehütete Geheimnis

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russischer Spitzensportler, Kraftathleten und Soldaten, ist die Kettlebell heute in Fitnessstudios und Privatwohnungen rund um die Welt anzutreffen – dank Pavel Tsatsouline, dem ehemaligen Sportausbilder der sowjetischen Sondereinsatzkräfte, der 2001 in den USA die erste Kugelhantel

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nach traditioneller russischer Art fertigen ließ. In den vergangenen zehn Jahren hat Pavel das Kettlebell-Training zur Perfektion gebracht und zugleich mit The Russian Kettlebell Challenge (RKC) ein zertifiziertes Ausbildungssystem entwickelt, das heute mit über 1500 Instruktoren in 43

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Ländern die weltgrößte und erfolgreichste Kettlebell-Schule darstellt. In seinem Buch Kettlebell-Training stecken zehn Jahre Forschung und Entwicklung, in denen Pavel herausgefunden hat, wie man mit der Kettlebell auf sichere Weise die überzeugendsten Ergebnisse

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erzielt. Sein Trainingssystem ist der State of the Art und funktioniert garantiert – man muss sich nur daran halten!

INCLUDES BONUS WORKOUT PLANS, NUTRITIONAL GUIDANCE AND MORE! Stay motivated by tracking your goals and gains every

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day! The Body Sculpting Bible Workout Journal for Men takes the guesswork out of your workout regimen and lets you to focus on what's most important: getting the results that matter. By helping you to identify and achieve your bodybuilding and fitness goals, The Body Sculpting

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Bible Workout Journal for Men gives you the tools you need to keep your training workout and nutrition on track. Full of charts, logs, tips, and workout plans, this take-along journal helps plan your regimen while making it even easier to build muscle faster.

Whether you're worried about sticking

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to a schedule or dreading the feeling of playing catch-up for missed workouts, The Body Sculpting Bible Workout Journal for Men lets you plan ahead and keep your eyes of the prize of peak physical condition. The Body Sculpting Bible Workout Journal for Men includes:

- Workout logs,

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scheduling tips and nutrition advice to keep your workout stress-free •

Guidelines to creating and managing a successful workout regimen • The 10

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Perfection • Insights into the best diets and exercises from experienced

fitness experts Supporting both your

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body and your schedule, what you do and what you eat, The Body Sculpting Bible Workout Journal for Men is the perfect companion to any book in the Body Sculpting Bible series. With the best in online consumer support at GetFitNow.com, this guide to fitness lets you enjoy invaluable expertise

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from Body Sculpting Bible authors James Villedieu and Hugo Rivera, two of bodybuilding's foremost authorities.

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Kettlebell-Training

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Krafttraining – Die Enzyklopädie
Save time on your workouts and look better than ever with expert nutritional advice and kettlebell exercises, designed for women of all fitness levels This comprehensive guide to this unique

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and wildly popular fitness tool is the first just for women and provides easy to follow instructions, clear photographs, and extensive information on the kettlebell. No gym required—with a small investment in the kettlebells

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equipment, these sculpting, toning, and cardio fitness workouts are great for both beginners and advanced exercisers. Lorna Kleidman—the U.S.A.'s first International Master of Kettlebell Sport—will teach you: • The

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differences between dumbbells and kettlebells • How the kettlebell's shape enables endless variety of movement patterns • Sport-specific exercises to enhance performance • Where to buy kettlebells and which kettlebells are best for your

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fitness level • Basic nutritional guidelines for a more effective workout Kettlebell workouts are more effective than traditional dumbbell routines, plus they yield better results in less time. The kettlebell's center of mass extends

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beyond the hand and more muscle groups are utilized in the swinging and movement of a kettlebell than during the lifting of dumbbells. The momentum generated by the kettlebell also reduces stress on the joints and minimizes the chance for

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And Bodybuilding Guide Get Ripped and Chiseled in Just 21 Minutes a Day Too often, people find themselves spending more time at the office and less time at the gym. Now there ' s a workout that works harder so you can take

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full advantage of your limited gym time. From the experts that started the body sculpting phenomenon comes a workout designed to tone and chisel your body in 21 minutes a day: The Body Sculpting Bible Express for Men. This program is

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targeted to build strength, improve health, and sculpt your body through the course of the 21-Day Challenge. Now, as an added bonus, this revised edition also includes a 21-Day Meal Planner with 60 recipes to help you refuel

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your body and get the most out of your fitness routine! Based on the periodization principles that have made the Body Sculpting Bibles a success, Express Workouts are guaranteed to:

- * Chisel and harden your torso and abs
- * Build strength

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and muscle tone all over * Magnify your shoulders, legs and arms * Revitalize energy and restore stamina* Provide a path towards lifelong fitness Hugo Rivera and James Villepigue challenge you to get fit, toned, and sculpted with a

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workout so flexible you can use it at home, at the gym, or on your lunch break in your office. For video channel, online support and much more, visit www.getfitnow.com.

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women and includes exercises for each area of the body as well as suggested workout schedules. The Sexy Shape-Up for Ladies Only

A Complete Workout to Look Your Best in Your Wedding Dress

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The Ultimate Women's Body Sculpting Series Featuring the Best Weight Training Workouts Plans Guaranteed To Gain Muscle Burn Fat Plans Guaranteed to Help You Get Toned & Burn Fat

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The Weight Training Diary

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Workout Journal for Women takes the guesswork out of your workout regimen and lets you to focus on what's most important:

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getting the results that matter. By helping you to identify and achieve your bodybuilding and fitness goals, The Body Sculpting Bible Workout Journal for Women gives you the tools you need to keep your training workout and nutrition on track Full of charts, logs, tips, and workout plans, this take-along journal helps plan your

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Sculpting Bible authors James Villepigue and Hugo Rivera, two of bodybuilding's foremost authorities.

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with this sturdy, take-along diary that will help you plan your regimen and measure your progress effectively. You'll find lots of space to log all of the key elements of your training and make the most of every workout, plus Rivera's expert weight-training guidance and tips that will keep you focused and inspired. Includes Hugo's Five

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log the date, days since last workout, time and length of workout, and cycle, cardio exercises (time, distance/intensity, heart rate), and strength exercises (muscle group, weights and reps, types of sets) Features a helpful spiral binding that lies flat and stays open, plus a durable, glossy cover- just what a book needs to survive a sweaty gym The

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ideal addition to your gym bag, The Weight Training Diary helps you achieve results by taking the guesswork out of your workout regimen and allowing you to focus on ways to identify and achieve your bodybuilding and fitness goals.

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and proven 14-day program that will define and sculpt the six-pack. Now featuring a follow-along DVD to help launch the rigorous interval training program, this book and DVD combo teaches how the average Joe can use traditional and trendy exercises to pack on muscle and burn body fat using the periodization principle, plus: • just-for-

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men features like increased weight resistance and motivation techniques to keep you focused • dozens of specially selected abdominal exercises, from traditional crunches to stability and medicine balls • an all-new 30-minute follow-along DVD to keep you motivated No diet pills, gimmicks, or gadgets; just the 14-day workout plan

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Ultimate Mens Body Sculpting Bible for Abs: Men's Edition, has everything that gets results fast. The Body Sculpting Bible for Abs: Men's Edition, has everything that you need to get rock-hard abs!

Fit ohne Geräte

Das Fitnessgeheimnis der russischen Spezialeinheiten

Bigger Leaner Stronger

Over 50 Total Body Exercises

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EXERCISES FOR A TOTAL PHYSIQUE MAKEOVER. The Body Sculpting Bible for

Women, Platinum Edition is the definitive workout and

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nutritional section including
recipes and smart
supplementation • Tips and
helpful information to keep
you motivated and help you

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advice on keeping fit while traveling, and weightlifting information for teens, seniors, and expectant mothers. The unique 14-Day Body Sculpting Workout for Women has been designed to sculpt, slim, and

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strengthen the unique contours of a woman's body. The workout never stays the same for long and the results—toned arms, flat abs, tight buns, lean legs, and curves in all the right places—

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just keep on coming.

Seit Jahren bereitet Mark Lauren Elitesoldaten physisch auf ihren Einsatz bei Special Operations vor. Dabei hat er ein einfaches und extrem effizientes Trainingskonzept

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entwickelt, das ganz ohne Hilfsmittel auskommt und nur das eigene Körpergewicht als Widerstand nutzt. Die Übungen sind auch auf kleinstem Raum durchführbar und erfordern ein Minimum an

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Zeit: Viermal pro Woche 30 Minuten trainieren genügt, um in Rekordzeit schlank, stark und topfit zu werden. Diese Fitnessformel ist auch für den modernen Arbeitsmenschen ideal, denn sie lässt sich in

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jeden Lebensplan integrieren.

Ob zu Hause, in einem Hotelzimmer oder im Büro - das Training kann überall stattfinden. Vorbereitungszeit ist nicht nötig, denn man braucht ja keine Ausrüstung

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und auch die Anfahrt zum Fitnesscenter entfällt. Mit den 125 Übungen in diesem Buch trainiert jeder auf seinem eigenen Level, ob Anfänger oder Profi. Dazu gibt es Motivations- und

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Building on the amazing

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success of his best-selling book The Body Sculpting Bible for Men, James Villepigue will get you ready for the beach fast with The Body Sculpting Bible Swimsuit Edition. He's designed a very specific,

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targeted workout plan that's guaranteed to put you in the best beach shape of your life!

Special exercises will show you how to:

- * Build powerful biceps
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Ultimate Mens Body Sculpting And Bodybuilding Guide Plus diet tips, workout plans, meal schedules, and more The Body Sculpting Bible Swimsuit Edition for Men will make you confident, strong, fit, and toned!

Featuring the 14-day Ab

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obstacle races that are taking the world by storm. All of these races combine running various distances and terrain with hard-core obstacles that are both physically and mentally challenging: climbing through

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pitch-black flooded tubes and over walls, carrying logs uphill, traversing monkey bars, crawling through mud and under barbed wire, leaping over burning hay bales, swimming in ice cold water,

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navigating through live wires,
and more. This combination of
running and obstacles is what
gives participants a very

different kind of challenge than

they get with a 5K, marathon,
or triathlon. It's a combination

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that also requires a very different approach to training and preparation, and that's what this book provides.

Coverage includes: - Profiles of all the major races: running distance, obstacles involved,

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completion percentage, fitness level required, etc. - Obstacle overviews, including photos of what they look like, the mental and physical challenges involved, and the most effective strategies for

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completing them - Obstacle-specific exercises that condition participants for the strength, stamina, flexibility, and mental toughness needed to complete the obstacle - 8-week training programs

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designed for complete novices, elite athletes, and everyone in between Important information on what to wear, nutrition during training, and race day strategies
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Sculpting Workout Between your family, your job, and your home, going to the gym is probably the last thing you want to add to your to-do list. But if you're looking for a quick and easy way to boost your

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energy, get lean and fit, and feel younger, stronger, and healthier, you've found it. Here is a workout that works harder so you don't have to work longer. From the experts that started the body sculpting

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phenomenon comes a workout designed to shape and tone your body in 21 minutes a day: The Body Sculpting Bible: EXPRESS--Women's Edition. Jumpstart your program with the 21-Day

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Challenge, then move on to the six-week EXPRESS Workouts featuring 21-minute routines just 3 days a week. Based on the periodization principles that have made the Body Sculpting Bible a

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success, EXPRESS Workouts are guaranteed to:

- Tone your abs, thighs, and arms
- Build firm and attractive muscle tone
- Eliminate body fat and inches
- Revitalize your energy
- Get you on the path towards

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lifelong fitness Featuring workouts designed to work for you: All you need are dumbbells, a step or a bench, and 21 minutes a day to stay active, toned, and confident all year long.

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Dieses auf wissenschaftlichen Grundlagen basierende Handbuch ist der umfassende Trainingsratgeber zur Maximierung von Muskelmasse und Kraft. Es behandelt alle Aspekte der optimalen

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den ganzen Körper ab. Bei jeder Übung wird die richtige Technik gezeigt, angepasst an die jeweilige Art des Widerstands, seien es freie Gewichte, Trainingsgeräte oder das eigene Körpergewicht.

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Fettabbau. Außerdem lernt der Leser, eigene Programme zusammenzustellen. Jim Stoppani, Sportphysiologe und viele Jahre Senior Science Editor der Zeitschrift Muscle & Fitness, bespricht alle Themen

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nutritional section including recipes and smart

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never stays the same for long and the results—washboard abs, a chiseled chest, big guns, broad shoulders, and tight buns—just keep on coming. For video channel, online support and much

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