

GUT THE INSIDE STORY OF OUR BODY S MOST UNDERRATED ORGAN PAPERBACK

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THE ULTIMATE FULL BODY TRAINING ROUTINE

Although I was a little stronger, my flabby body

hadn't changed one iota. And, looking around me in the gym, it looked the same for other guys my age. We were all going through the motions – and basically spinning our wheels. That's when I discovered the full body training routine that

flicked the switch in my physical transformation.