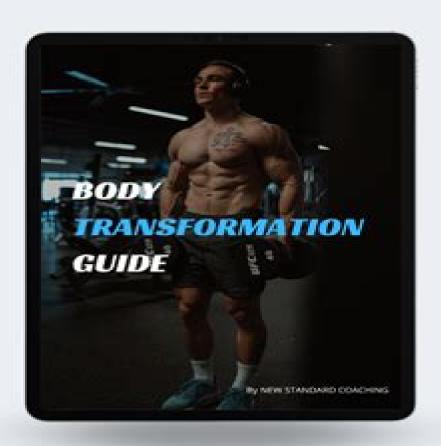
# BODY TRANSFORMATION GUIDE E-BOOK



#### LEARN HOW TO ....

- Understand macros & flexible dieting
- Find your maintenance calories
- Design your macro breakdown
- Implement cardio effectively
- Overcome weight plateaus
- Utilize intermittent fasting
- A BUNCH of extras

# **Body Transformation Guide**

**Shakti Shenton** 

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the exercise bit right as well as how to manage the nutrition sleep and stress that goes into the other arguably more important two thirds The Body Transformation Manual includes A complete step by step workout plan Basic nutritional information to help you understand what you really need Explanation of when and what to eat to maximize fat loss and muscle gain Advice tips and experience from a top London trainer Male and female specifics Proven methods from the author and his pointers on the best methods utilized by others List of equipment needed Weight training protocols explained Interval training HIIT over slow runs LISS explained Calisthenics Robert Smith, 2017-08-05 Use These Powerful Calisthenics Secrets To Immediately Improve your body Today only get this Amazon bestseller for just 12 99 Regularly priced at 17 99 Read on your PC Mac smart phone tablet or Kindle device You re about to discover how to Having a well formed body with the right amount of body fat takes a lot of hard work and commitment this is something none can dispute What we can dispute however is the fact that to get that nice toned body you need to spend thousands of hours in the gym hitting weights as if your life depended on it We live in a world where to make ends meet the conventional person has to work a 9 5 job sometimes even multiple jobs not to mention the many hours we spend in transit or stuck in traffic jams the average person loses 42 hours a year to traffic jams As such making time for the gym may not be feasible Does this mean that just because you cannot make your way to the gym you should let the fat accumulate and the muscles waste away Definitely NO While strength training is an ideal way to sculpt your body and you should schedule some consistent gym time into your schedule if you cannot make it to the gym there are exercises you can practice to enjoy the benefits of strength training without having to go to the gym Calisthenics is one such type of exercise But what are 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