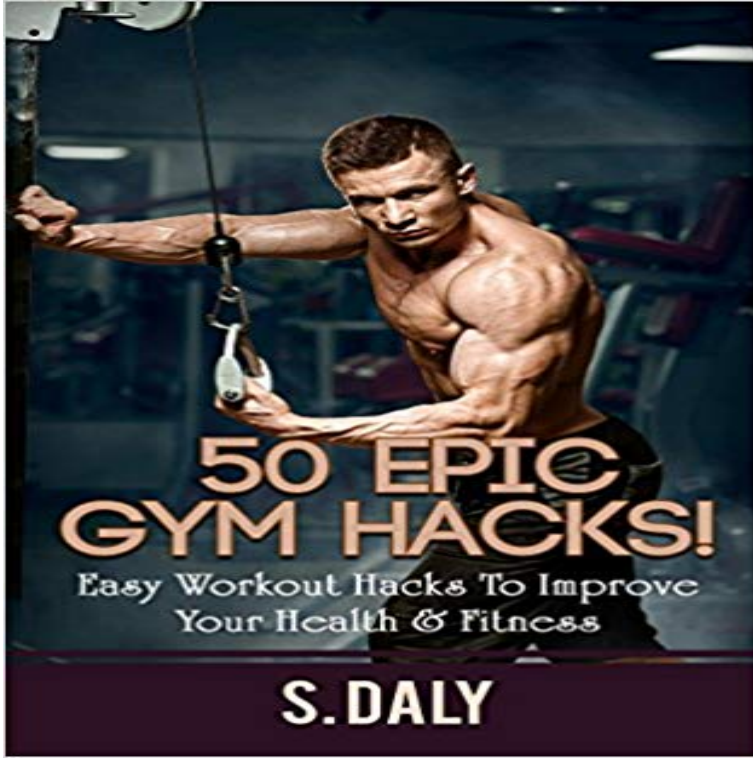


50 Epic Gym Hacks!: Easy workout hacks to improve your health & fitness



I have been a qualified personal trainer/coach for ten years. In this easy to read eBook, I have put together a collection of fifty easy gym hacks that have allowed hundreds of my clients to achieve their goals. Split into three easy sections, pre-workout, during-workout and post-workout this eBook has the hacks and tools to transform the way you train! Whether you're a professional sports player or bodybuilder, a beginner or fitness fanatic, striving for weight loss or weight gain, these fitness hacks will increase your performance in days! Discussing everything from supplements, resistance training, to men and women's health this is a must read book for all gym goers! Train the smart way with these 50 EPIC hacks! Warning: Will increase your motivation!

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