



Gym Life Book of Fitness: How To Develop Full-Body Fitness That Makes You Look, Feel and Perform Better at Everything!

Colin Stuckert

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Are you an athlete training for an elite competition? Are you a soccer mom who goes to the gym? Are you a gym rat? Are you an average Joe looking to get into fitness and need to learn a few techniques for getting results? If you answered yes to any of these questions, what you are about to read will be immensely valuable to you. There are numerous ways to approach fitness. Too many to count. There are even more variations to the human body from person to person. Basically, we each have our own set of fitness problems we must overcome. There are many programs and regimens you can follow to get results one way or another. Some produce better results than others, and some will work while others won't. It's impossible to write a single program that will work for every body type out there. Yet some still try. But there is another way.

Your Fitness is An Education

The more you know, the more power you have to get the results you want. The less you know, the more you spin your wheels and waste your money on programs, trainers, and gimmicks that don't work. **Every technique in this book may not exactly fit perfectly with your goals, but most will. Take what works for you and start getting better!** You are your best coach. No program, trainer, guru or expert in the world can tell you what's best for you. It's up to you to figure it out. With 50+ tips in this book that you can start today to improve your fitness, you will always have a technique for improving your fitness.

Inside:

- Learn techniques for getting fit without the use of drugs or expensive supplements.
- Learn how developing "general fitness" will help you reach any, and every, goal you have.
- Learn from my 10-year journey training myself and hundreds of athletes.
- Learn how to balance the many parts of fitness by training "smarter" not harder.
- Get fit, look better, and improve your health. No need to sacrifice one for the other. Get it all!
- Why most people do too much in the gym and how it ruins their results.
- Learn the single thing that determines 80% or more of how your body looks naked. (80%!)
- Develop a program that works for you through testing and tweaking. (While other programs set rigid guidelines, you have the freedom for figuring out what works best for you!)
- How to improve any weakness in a few minutes a week. This simple technique can make you a better athlete and a safer trainee.
- Learn the importance of recovery and body maintenance. (And how it can prevent injury and get you results faster!)
- Why failure isn't a word. And what is THE word.
- The importance of training your mindset. (Hint: It's where your habits are rooted.)
- Follow the weekly fitness "template" as a guidelines for developing your own program.
- Learn the most effective way to structure your weightlifting workouts.
- How to use bodyweight conditioning to develop amazing amounts of "relative" strength.
- The difference between being "bigger" and "stronger." (And how they aren't always the same thing.)
- How to train for size and strength or just strength.

Knowledge is power when it comes to your fitness. Grab a copy today and take your results to the next level!

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Callie Allen:

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Joyce Martinez:

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