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By Brett Stewart



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SCULPT YOUR ARMS, SHOULDERS, BACK, ABS, LEGS AND BUTT IN JUST 7 WEEKS!

Follow the day-by-day plan in this book and you will finally achieve the body you've always wanted. The "7 Weeks to Getting Ripped" program takes less than 2 hours per week and doesn't require any bulky gym equipment, but the workouts have the power to reshape your entire physique.

Packed with clear charts and helpful photos, this book provides everything you need to get in the best shape of your life in just 7 weeks:

Effective bodyweight exercises

Fun & challenging fitness games

Step-by-step instructions

Valuable nutrition tips

Easy-to-follow programs

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Review

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About the Author

Brett Stewart is a personal trainer and author of *7 Weeks to 50 Pull-ups*.

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