



Lbs: Lean Body Solutions (Paperback)

By Jason Shea

Jason Shea, United States, 2012. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Does the human metabolism automatically slow down as we age? Lean Body Solutions is a 309 page guide to many of the physiological factors that affect our ability to lose fat as we age. Includes: Sample food choices and diets for getting lean Numerous training templates for strength, hypertrophy, body composition and more Chapters on 2-a-day training, hormonal balance, how toxicity affects your fat loss goals, the importance of PH balance, vitamin and mineral deficiencies, and much, much more. Also includes in-depth exercise tutorial and description.



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