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The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

Presents a convenient and effective workout designed to tone the body in a short period of time, offering a program that utilizes sequential movements that provide a simultaneous aerobic, strength-training, and core workout.

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

Use the power of motivation and good habits to become fitter, healthier and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenom Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS. In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I ' m Autumn Calabrese. I ' m a Midwest girl, a single working mom who really had no business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody ' s most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I ' ve led a crazy life and it ' s still crazy—probably a lot like yours. I ' ve faced tremendous hardships and disappointments that have dented my self-confidence. But I ' ve found a way to turn "failures" into "redirections" that have transformed my life. And you can do it, too! Over the past five years, I ' ve helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And now I ' m going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you ' ve always wanted! Here ' s my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you ' ve ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There ' s Zero Deprivation. It works by automatically controlling your portion size, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It ' s simple. It ' s backed by science. And it works. Here ' s what YOU can expect while you lose weight like crazy: You won ' t count calories! You won ' t feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you ' ll love! (free lifetime access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing—for life!

If you ' re ready to transform your body and perfect your athletic skills, then this is the book for you. Based on solid exercise science principles and tested with thousands of clients, JC ' s Total Body Transformation gives you over 110 workouts that can be plugged into any training plan right now to transform your body, improve your athletic performance, build strength and endurance, and produce the results you want. This text also addresses recovery technique and nutritional interventions that will support your transformation journey. Author :JC Santana has spent over 30 years working with professional and collegiate athletes, weekend warriors, and serious strength and fitness clients, and he ' s developed hundreds of workouts that are proven to work. You won ' t get a lot of fluff here: You ' ll get an introduction on how to use these workouts, an explanation of why JC ' s training philosophy works, instructions on how to coach the workouts, and his simple philosophy on assessment and progressions—and then the rest is all workouts. Check out what ' s packed inside these pages: • More than 110 ready-to-use workouts for body transformation, strength, and endurance • Nutrition tips to help torch fat and build muscle • Suggestions for faster recovery • Bonus workouts from industry giants in athletic performance, bodybuilding, and physique competition • Tips on using multiple pieces of equipment—including barbells, dumbbells, and medicine balls—to target different muscles and add variety • Equipment suggestions and reviews The best part is that you can use these workouts with any current training plan, so you have plenty of options to customize your training. These workouts take into account the unique needs of men and women, and there is even guidance on how to sequence workouts sequentially or successively to create daily, monthly, and yearly programs. Make every exercise count and avoid boredom with the same old routine. JC ' s Total Body Transformation is your instant guide to transforming your body, optimizing performance, and maximizing function.

Dr. Alan Christianson, top naturopathic physician and bestselling author of The Adrenal Reset Diet, introduces a four-week cleanse that heals damage to the liver, helping readers unlock the key to rapid weight loss and lower blood sugar. The path to becoming naturally thin isn't as impossible as it may seem. In The Metabolism Reset Diet, you'll unlock the key to rapid, sustained weight loss and lower blood sugar with a four-week cleanse that heals your liver and gives your metabolism new life. The hidden truth is that your liver is actually the key to a healthy metabolism. When it isn't functioning properly, it loses the ability to burn fuel. An overloaded liver can only store fuel as fat – which slows your metabolism and leads to excess weight gain. Even if you cut out sugar and carbs, you can still struggle with weight loss and high blood sugar. With Dr. Alan Christianson's clinically proven program, you'll be able to reverse damage to your liver in just four weeks. Once your liver regains its ability to manage your metabolism, you'll have fewer food cravings, steady energy levels, better digestion, and a metabolism that works optimally. This proven diet is carefully constructed to provide your liver with the nutrients it needs without over fueling, supplying your body with healthy amounts of protein, fiber, micronutrients, and phytonutrients that support liver function. Unlike so many diets that require people to stick to a difficult and restrictive plan, following a liver-friendly eating plan will ensure that your weight and energy stay steady, even if your diet changes. Complete with comprehensive guidelines, meal plans, recipes, and advice on maintenance, The Metabolism Reset Diet will help readers achieve optimal liver function to lose weight and get healthy fast.

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

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