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Get Spartan Shredded: How to Build a Muscular Ripped Physique like a 300 Warrior

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Scott James

Get Spartan Shredded: How to Build a Muscular Ripped Physique like a 300 Warrior Scott James Dear friend, My name is Scott James, and I want to teach YOU how to build a ripped muscular physique that will stand the test of time; it's time to take things to the next level and get muscular, shredded and disciplined. I transformed my life, now let's transform yours! Stop saying "I wish I could" or "If only" Lets make it happen! There are two types of people in this world – the Talkers and the Walkers I'm going to teach you how to stop talking about building the body of your dreams, and instead actually take action to turn your dream into a reality! If you follow the exercise regime, dieting guidelines and principles of training the body and mind I present to you in the book you WILL become obtain that lean, muscular body you've always wanted. Here's a Preview of What You'll Learn in Get Spartan Shredded A look into the MOST important reasons why you need to follow this program An explanation of many training factors such as strength vs. size, training frequency, volume and intensity 3 variations of the Shredded Spartan workout regime – the program I specifically designed for RESULTS suitable for beginners, advanced gym goers and those with minimal free time Explainations of each and every exercise you will be performing, along with why it is beneficial and how to perform it correctly The Spartan Shredded Six Pack Routine including a complete explanation as to how to CORRECTLY train all portions of your abdominal region (most people don't know this, so they fail to see results! In depth dieting explanation – you don't have to eat chicken and rice all day! Learn how to tailor your diet perfectly to your body and goals NO BS Supplementation guide – which products out there can give you that edge on your training and which are fairy dust? Find out inside before you spend another dollar on fitness supplements! A look into training aids and accessories such as belts, straps, weighted equipment etc. Learn how to keep the fire alive and stay motivated for the duration of your transformation Learn how to accurately track and monitor your progress throughout the journey, this includes a look into weight, photos, bodyfat measurements and more! You will find out the ONLY techniques I recommend for measuring progress accurately, along with which methods to avoid. And much, much more!

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