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The lean machine

David Luna

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The Lean Machine David Lunas Guide To Total Fitness And The Sensible Diet

David Luna



The Lean Machine David Lunas Guide To Total Fitness And The Sensible Diet:

The Lean Machine David Luna,1980 **The Lean Machines** John Chapman,Leon Bustin,2016-05-05 The Lean Machines are genuine experts in health and happiness and have helped thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel Champions of balance moderation and individuality their advice is sensible accessible and not at all intimidating eat well move better and feel awesome Our aim is to help as many people as possible get healthy and understand that getting in great shape doesn t have to be hard or depressing Here they share their secrets in their first book a fun fully illustrated guide for becoming the best version of yourself Featuring easy nutritious recipes as well as simple workouts toning tips and mindfulness techniques the boys prove that having a healthy lifestyle is achievable and fun leanmachines

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