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The 30-Second Body: Eat Clean. Train Dirty. Live Hard.

Adam Rosante

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Adam Rosante

The 30-Second Body: Eat Clean. Train Dirty. Live Hard. Adam Rosante
YOUR BEST BODY BEGINS HERE AND NOW!

Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosante's three-tiered, simple-to-follow plan:

• **Eat Clean:** Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky "diet" gimmicks; just an easy embrace of healthy whole foods.

• **Train Dirty:** Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante's exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment.

• **Live Hard:** Strengthen the single most important muscle in your body: your mind. You'll learn how "Lottery Mindset Marketing" has conditioned you to fail in your weight-loss goals—and how to overcome it.

Featuring inspiring testimonials, motivational advice, instructive photos, and a complete workout calendar, *The 30-Second Body* is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life!

Praise for *The 30-Second Body*

"Easy, effective, and efficient . . . [*The 30-Second Body*] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It's filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere."***—Well+Good***

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This The 30-Second Body: Eat Clean. Train Dirty. Live Hard. book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this book incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This kind of The 30-Second Body: Eat Clean. Train Dirty. Live Hard. without we understand teach the one who looking at it become critical in thinking and analyzing. Don't be worry The 30-Second Body: Eat Clean. Train Dirty. Live Hard. can bring when you are and not make your bag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cell phone. This The 30-Second Body: Eat Clean. Train Dirty. Live Hard. having good arrangement in word and layout, so you will not truly feel uninterested in reading.

Charles Valentine:

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