



12 Health and Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series)

Michael Matthews

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Do you believe that your genetics are preventing you from making great gains in the gym?

Do you do certain exercises because they're supposed to "shape" your muscles?

Do you stretch before lifting weights to prevent injury or increase strength?

When doing cardio, do you shoot for a "target" heart rate zone to burn the most fat possible?

If you answered "yes" to any of those questions, you're in good company as most people do the same.

But here's the kicker: There's NO science behind any of it. Quite to the contrary, however, science actually disproves these things.

Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus magazines and self-styled "gurus," it's becoming harder and harder to know how to get in shape.

12 Health & Fitness Mistakes You Don't Know You're Making was written to debunk some of the most common and harmful myths in the health and fitness industry.

Download this book today and learn the truth about 12 myths and mistakes that ruin people's efforts to get fit.

SPECIAL BONUS FOR READERS!

With this book you'll also get a free 31-page bonus report from the author called "The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy."

In this free bonus report, you're going to learn the true fundamentals of building a lean, muscular body without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements.

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This 12 Health and Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series) book is not really ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this e-book incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This particular 12 Health and Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series) without we know teach the one who reading it become critical in contemplating and analyzing. Don't end up being worry 12 Health and Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series) can bring if you are and not make your tote space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This 12 Health and Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series) having very good arrangement in word in addition to layout, so you will not feel uninterested in reading.

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