



Shredded Executive: Get Shredded, 3 Phase Nutrition and Training Program and Lifestyle Secrets For The Busy Professional

By Daymond Sewall

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Shredded Executive: Get Shredded, 3 Phase Nutrition and Training Program and Lifestyle Secrets For The Busy Professional By Daymond Sewall

This book is written by the very straight forward, raw, brutally honest, definition specialist Daymond Sewall. He cuts through all the b.s. confusing, misinformation, old school methods, and just tells you the raw, up to date, scientifically proven methods to get you shredded. He simplifies nutrition, gives recommended calorie and macros with a 3 phase nutrition program. He also provides a very effective training program that is 3 phases designed to get you shredded with ZERO cardio. Then along with all of this incredible info, he also provides all the tricks, tactics, strategies to LIVE shredded. How to deal with social situations, how to deal with holidays, and even how to drink alcohol, all while staying shredded! This book is like nothing that has ever been written before, and is literally going to revolutionize the world for busy professionals, executives, and those who want to just be the executive of their bodies and lives. This book is a MUST HAVE! Enjoy, and tell all your friends.

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