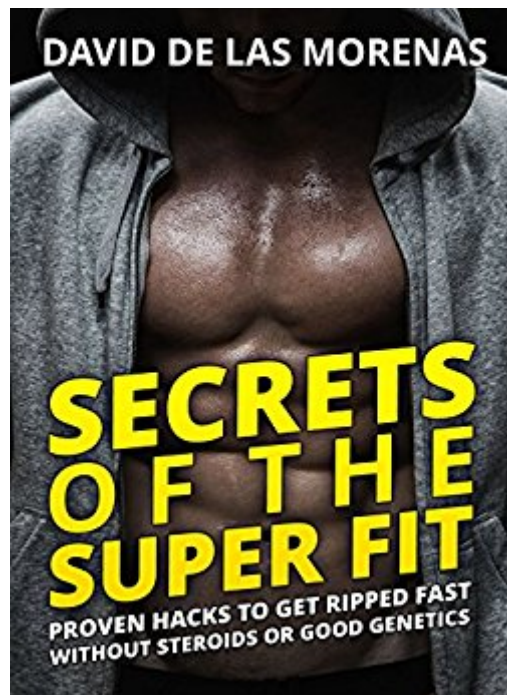




Ebook Directory
the best source of ebook

The book was found

Secrets Of The Super Fit: Proven Hacks To Get Ripped Fast Without Steroids Or Good Genetics



Synopsis

Discover 15 proven ways to build more muscle, burn more fat, and rapidly achieve a ripped body that turns heads...Fact: Over 95% of guys fail to achieve their fitness goals. Most quit after just 1-2 months in the gym....So what's stopping YOU from seeing results?Simple. You're focused on all the wrong things. Fad diets, random workouts, and questionable motivations will only get you so far. To break through your plateau and see fast progress you need to re-build your fitness habit from the ground up...Secrets of the Super Fit will teach you 15 scientifically-proven hacks to optimize your mindsets, your diet, and your workouts for maximum results.Inside this book you'll learn:- A simple diet hack to guarantee rapid fat loss- One weird trick to make sure you never miss another workout- A proven way to boost testosterone overnight- The #1 training mistake that cripples your ability to build mass- Why popular diets like Paleo and Slow Carb actually hurt your results- A 5-minute activity to radically enhance your motivation to hit the gym- The secret behind jaw-dropping transformations of movie stars and pro athletes- An instant hack to appear taller and more muscular- The shocking truth about how your workout clothes can make or break your results- How to optimize your diet without counting calories or weighing foods...and much, much more!Pick up your copy right now by clicking the BUY NOW button at the top of this page!

Book Information

File Size: 1908 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 13, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01N3ZUQQU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #63,584 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health #44

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #69 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Training

Customer Reviews

This is a different kind of fitness book. Sure, you'll get access to workouts and stuff, but what I liked about this short book is that it covers topics that are often ignored, such as mindset and setting practical, realistic expectations. I mean, at this point there's already plenty of books that gives you workout routines, diet recommendations, etc. and yet for some reason most people fail to make any progress. This book covers the much needed gaps in our fitness know-how and I would recommend it to those, who either can't seem to get started with working out or been doing it for a long while now but with very little to show for it.

This book is fantastic! It's a quick read packed with tons of really useful info. Unlike many 'get fit quick' books, this book gives you very creative ideas on how to achieve your fitness goals. The section on habit-stacking was one of my favorite parts and something I will use in all aspects of my life- not just fitness. For a quick read I was really impressed with how much great info is in here. Highly recommend it!

I love David's no-nonsense approach to fitness. He speaks the truth and gets down to the root of what actually works. I love how this book is structured. It starts with Mindset hacks. Mindset transcends everything. Once you can figure out why you're working out and why you go to the gym everyday, that's what allows you to stay consistent over the long-term. As the saying goes, if you're why is strong enough than you can figure out any how. What separates this book from others that I've read that it's highly oriented towards action. After every single chapter David lays out a bunch of action steps that get you to take action. In the Diet hacks section I've also implemented the average weight technique that David mentions. Our body weight can fluctuate pretty drastically on a day-to-day basis and that's why I love the hack of tracking your weight everyday and coming up with an average weekly weight and using your measurements as the standpoint from which we determine how to adjust how we eat. Another great hack that I love is getting leaner before trying to gain muscle. This is a great hack because getting leaner boosts testosterone after which your body becomes more efficient at building muscle. Look, the bottom line is that if you read this book and absorb its materials you will know more about diet, nutrition, and lifestyle than 99% of guys out there. Highly recommended.

As a health and fitness blogger and coach who's trained and coached clients for almost a decade, I have to say that the information in this book is spot on. When it comes to pushing your body to its limits and really chiseling out the perfect look you desire, the steps and foundations laid out in this book are great for fitness enthusiasts of all skill levels - whether you're new to fitness, or you've been training for years, do yourself a favor and don't pass this book up - check it out!

This book cuts right to the core. I'm particularly impressed with David's suggestions regarding mindset. Between his comments on making a financial investment into your fitness with the clothing and the gym, and his thoughts on identifying the TRUE WHY behind your motivation, I undoubtedly feel more focused and clear as I embark on reaching the next level in my fitness. Awesome stuff!J

I've known David for several years now. As always, SOTSF is a straight, no-holds-barred approach that will help you achieve your goals. Meticulously researched and backed with facts, this book is a must-have for both those looking to overcome plateaus, and for those just starting their fitness journey.

This book is crazy motivating! There's also a ton of great tips in here. As a chunky guy who has always struggled to gain muscle without gaining pounds of fat in the process, I can already see that the hacks in this book will make a huge difference in my fitness. Stoked to start making progress!

Simple and effective. David puts together a lot of hacks and mindsets so you can get started in the fitness world, but if you are already in there it is always good to be reminded of these little but simple tricks to keep in mind. Good work David. Best regards, Braulio.

[Download to continue reading...](#)

Secrets of the Super Fit: Proven Hacks to Get Ripped Fast Without Steroids or Good Genetics Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) The Science of Getting Ripped: Proven Diet Hacks and Workout Tricks to Burn Fat and Build Muscle in Half the Time Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby DIY Household Hacks: 101 Proven Household Hacks to Increase Productivity and Save You Time,

Money and Effort Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) The Home Workout Handbook: Proven Workouts to Get Lean and Ripped in 30 Minutes a Day Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Super humans, and Super Heroes edition 3: How too Cause Super humans and Super Heroes with Quantum Physics Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Comic Book Value and Selling Secrets - How to Discover the Real Value of Your Comic Books and Sell Them for the Best Price Without Getting Ripped Off Lightning Fast Piano Scales: A Proven Method to Get Fast Piano Scales in 5 Minutes a Day (Piano Lessons, Piano Exercises) Lupus Recovery without Steroids or Narcotics: The Definitive Beginner's Guide Get Fit, Stay Fit 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh*t Together Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)