



A.O.G. Fitness: The Key to Ultimate Fitness

By Dr Shaolin Mb Abrams Sr

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The premise of this training guide and manual is not based on workouts alone, but on educating those individuals that are concerned about their health and wellbeing, and the proper way to have a healthier lifestyle. My entire adult life has been devoted to improving my mind, body and spirit, but the only way my Life-Style can be balanced is by ensuring that my Immune System protects me against any form of disease, such as High Blood Pressure, Diabetes, Hypertension, High Cholesterol, etc. Now, I don t claim that with this Life-Style change you will live any longer than the next person, but what I am attempting to convey is that with change you live much healthier, have more energy, and be more alert to enjoy the many blessings that the LORD has promised in HIS Word! The reality is that you do not have to use steroids or muscle enhancing drugs (steroid derivatives) to achieve a great body, so stop listening to those so-called personal trainers who are just trying to sell you those expensive training sessions...



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Reviews

The publication is fantastic and great. It really is basic but shocks from the 50 percent from the ebook. Its been written in an remarkably easy way in fact it is only soon after i finished reading this ebook in which really changed me, alter the way in my opinion.

-- **Jayme Kuhlman**

Very helpful for all type of individuals. It is amongst the most incredible ebook i have got study. I am just very easily could get a satisfaction of reading a composed publication.

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