



# Get Ripped Forever: The Encyclopaedia of Modern Lifestyle Fitness

*Sam Beddall*

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## **Get Ripped Forever: The Encyclopaedia of Modern Lifestyle Fitness** Sam Beddall

This is the big one.

Simply, put this book will tell you absolutely EVERYTHING you need to know to get big, get strong, get lean, ripped, confident, calm, and attractive.

In fact, whatever your goal, whether you're a man or a woman, whether you can get to a gym or not, whether you want to get in shape for the beach or stage, dominate the weights room or the board room, this book has the answers.

### The Last Fitness Book You'll Ever Need

In this unique book, you can find out all of the things you want to know about transforming your body and mind quickly and effectively – stuff you'll find nowhere else, like:

- How to get out of the gym and train at home – with no equipment – and still build a jaw-dropping, lean physique
- How to eat huge junk food meals with your friends/family and STILL stay ripped/build hard muscle
- How to drink alcohol every week like clockwork and STILL lose fat
- The much-overlooked technique that will allow you to increase your 1 rep max by 27%, lose 5lbs of fat and add 9lbs of muscle in 10 weeks
- The Pacific Island principles that will help you double your testosterone with food in six weeks or less
- EXACTLY what you need to do increase your growth hormone levels by 900%
- Lessons from one of the most successful man on the planet about how to approach fitness, diet, progress and life in general
- The most effective and direct approach to rapid muscle accumulation, fat loss and strength gains
- Why most 'maintenance' diets and workout routines fail – and what you can do about it
- Cutting-edge techniques and advice on how to reach your goals quickly
- Simple, fool-proof practices that will help you rid your mind of emotional blocks and obstacles, allowing you to form an attitude built for success
- The easiest, most effective non-supplement diet you can use ANYWHERE, whatever you're doing, to stay lean and trim
- The two fastest, most brutal workout routines – proven to melt fat and initiate stunning body transformation in time for a special event/vacation
- The one thing about hunger pangs that absolutely no one seems to acknowledge – that WILL get you RIPPED.
- Why hardly any women manage to create that lean yet sexy Hollywood actress/model body – and why you will
- Why most personal trainers have no idea when it comes to creating a super-attractive female physique
- How to eat huge amounts of carbs at night and get leaner, rather than the other way around
- How to burn fat at a crazy rate with the one specific cardio strategy that GUARANTEES it
- How to get stronger than most of the men in your gym

- How to learn and use some of the most ancient techniques in the world to calm your mind, enhance your social skills, become more comfortable around other people, still well and become happier than you ever have before

## CHANGE HAPPENS FROM NOW

Inside, you'll find every single page of the Get Ripped series, including:

- Get Ripped Regardless: Escape the Gym, Look Great, Love
- Get Ripped Relentless: How to Build the Ultimate Male Body and Master Your Mind Forever
- Get Ripped for Summer: How to Build a Beach-ready Body in Record Time
- Get Ripped for Women: How to Build the Elusive Actress/Model Body that Men Love and Women Envy

The information of these four books alone would cost you literally HUNDREDS of pounds or dollars in glossy info products and courses. Here you'll find all the same information and advice, for ten times less!

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#### **Dominique Fletcher:**

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#### **Ruth Goodrich:**

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