

Unlock Your Body's Potential: Week Total Body Turnaround

Transform Your Body in Just 7 Days with Our Revolutionary Workout Plan

Are you tired of feeling sluggish, frumpy, and out of shape? Do you long for a body that is strong, toned, and energized? If so, then you need to try the Week Total Body Turnaround, the revolutionary workout plan that will transform your body in just 7 days.

The Week Total Body Turnaround is not your average workout program. It's a scientifically designed plan that targets every major muscle group in your body, using a combination of strength training, cardio, and flexibility exercises. This unique approach ensures that you're getting the most out of every workout, and that you're seeing results fast.

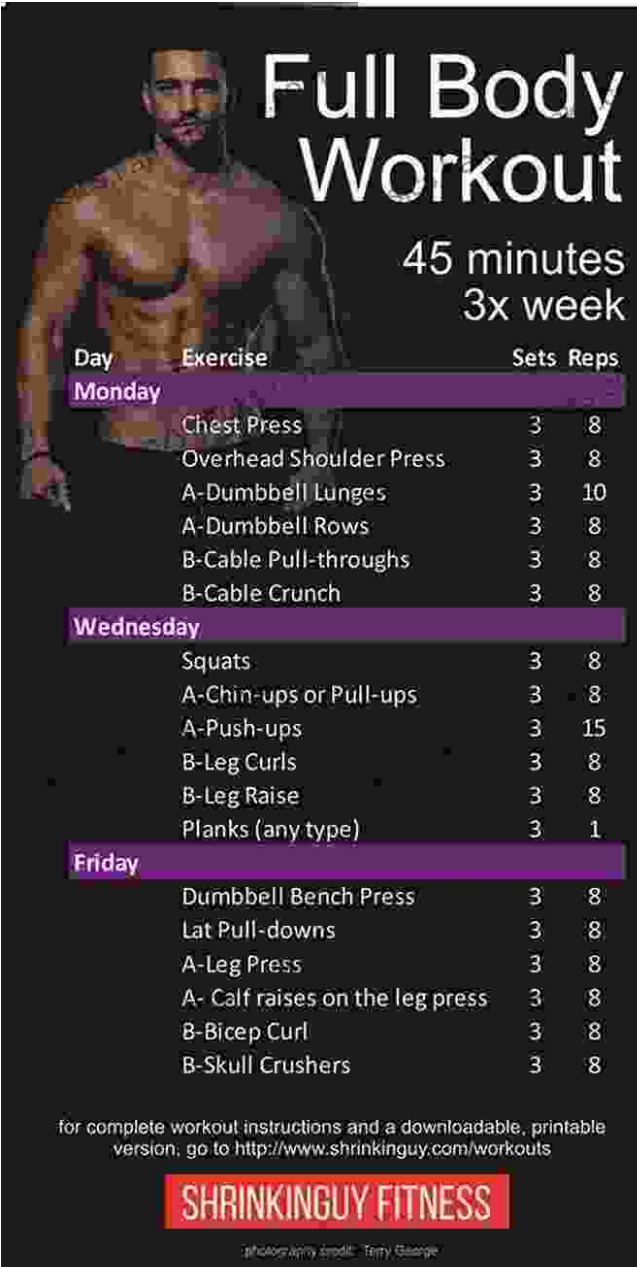


2-Week Total Body Turnaround: The 14-Day Plan That Jumpstarts Weight Loss, Maximizes Fat Burn, and Makes Over Your Fitness Mindset Forever by Chris Freytag

★★★★☆ 4.2 out of 5

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File size : 26885 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 594 pages





Full Body Workout

45 minutes
3x week

Day	Exercise	Sets	Reps
Monday			
	Chest Press	3	8
	Overhead Shoulder Press	3	8
	A-Dumbbell Lunges	3	10
	A-Dumbbell Rows	3	8
	B-Cable Pull-throughs	3	8
	B-Cable Crunch	3	8
Wednesday			
	Squats	3	8
	A-Chin-ups or Pull-ups	3	8
	A-Push-ups	3	15
	B-Leg Curls	3	8
	B-Leg Raise	3	8
	Planks (any type)	3	1
Friday			
	Dumbbell Bench Press	3	8
	Lat Pull-downs	3	8
	A-Leg Press	3	8
	A- Calf raises on the leg press	3	8
	B-Bicep Curl	3	8
	B-Skull Crushers	3	8

for complete workout instructions and a downloadable, printable version, go to <http://www.shrinkinguy.com/workouts>

SHRINKINGUY FITNESS

photography credit: Terry George

What's Included in the Week Total Body Turnaround?

The Week Total Body Turnaround includes everything you need to get started on your fitness journey, including:

- * A 7-day workout plan that outlines each exercise, set, and repetition
- * A nutrition guide with meal plans and recipes
- * A progress tracker to help you

monitor your results

Benefits of the Week Total Body Turnaround

The Week Total Body Turnaround offers a wide range of benefits, including:

* Increased strength and muscle tone * Reduced body fat * Improved cardiovascular health * Increased energy levels * Better sleep * Improved mood

Why is the Week Total Body Turnaround So Effective?

The Week Total Body Turnaround is so effective because it's based on sound scientific principles. The workouts are designed to challenge your body and push it to its limits, while the nutrition guide provides you with the nutrients you need to recover and rebuild. This combination of intense exercise and proper nutrition creates an environment that is ideal for body transformation.

Who is the Week Total Body Turnaround For?

The Week Total Body Turnaround is for anyone who is looking to make a positive change in their life. It's perfect for people who are new to fitness, as well as for those who are looking to take their fitness to the next level.

Testimonials

"I've tried so many different workout programs before, but nothing has ever worked as well as the Week Total Body Turnaround. I've lost weight, gained muscle, and I feel better than I have in years." - Sarah J.

"The Week Total Body Turnaround is the real deal. I've seen amazing results in just 7 days. I'm so glad I decided to try it." - John M.

Free Download Your Copy of the Week Total Body Turnaround Today

If you're ready to transform your body in just 7 days, then Free Download your copy of the Week Total Body Turnaround today. You won't be disappointed.

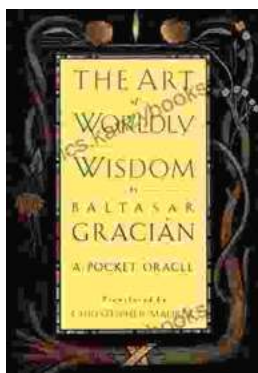
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