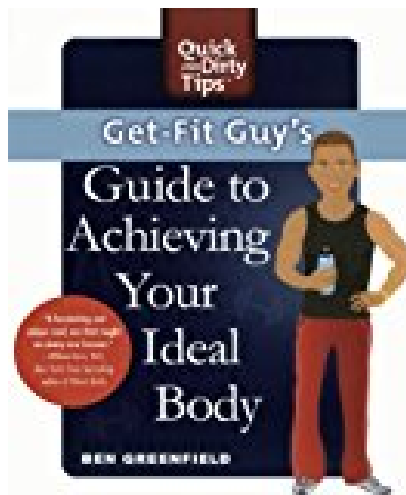


# Get-Fit Guys Guide to Achieving Your Ideal Body A Workout Plan for Your Unique Shape Quick & Dirty Tips

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## BOOK DETAILS

- Author : Ben Greenfield
- Pages : 256 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 1250000882

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## BOOK SYNOPSIS

Teaches how to customize workouts according to body type, achieving more success in losing weight and building muscle.

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