



Peak Physique: Your Total Body Transformation

Hollis Lance Liebman

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A fool-proof gym plan from one of Hollywood's hottest trainers that acts like a Swiss army knife to sculpt your body in 12 weeks or less. Offering you multiple tools to achieve physical excellence, *Peak Physique* features a fully-illustrated, step-by-step progressive exercise plan of cardio and resistance training, which works whether you are male or female, a novice or experienced gym-goer. The book also gives you advice on nutrition and how to fuel your body for peak performance. From your transformative beginnings in Week 1 to the extraordinary tested and proven Week 12 reveal, you can take concrete steps toward achieving the body you've always wanted! Foreword by WWE Superstar Chris Jericho.

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