



Train Hard Train Smart Have Fun: Discover Your Inner Champion (Paperback)

By Butch Nieves

Mr. Americas Fitness Inc, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Forget everything you ve heard about YOUR health. There is no answer in a diagnosis, the reflection in a mirror, abusive labels, or worn out excuses; but there is every reason to get moving, especially when you re so close to any dream you dare imagine. Whether your dream is to be a stronger healthier version of yourself, turn heads with your firm glutes and 6-pack abs, or simply to silence once-and-for-all the negative voices telling you it can t be done. Mr. America Butch Nieves is the coach to help you build the strong sexy body and mind you need to release your inner champion. In Train Hard, Train Smart, Have Fun, you ll learn: - How to develop the right habits and skills to be successful in your fitness journey. - How to set a simple routine to get into the best shape of your life while losing all the negativity. - How to eliminate wasted time using the principles of a proven fitness coach champion - How to trade an average boring life for a powerful exciting and confident...



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