



Pure Physique: How to Maximize Fat-Loss and Muscular Development

Michael Lipowski

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Pure Physique is for anyone who ever felt they should be getting more from their efforts in and out of the gym. This book will teach you how to put together an exercise and nutrition program that is truly tailor-fitted to meet your individual needs and goals. Unlike other books that provide fad diets and canned workout routines, *Pure Physique* was designed with the individual in mind. With this book, you will finally be able to obtain the leaner, more muscular body you've always wanted.

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