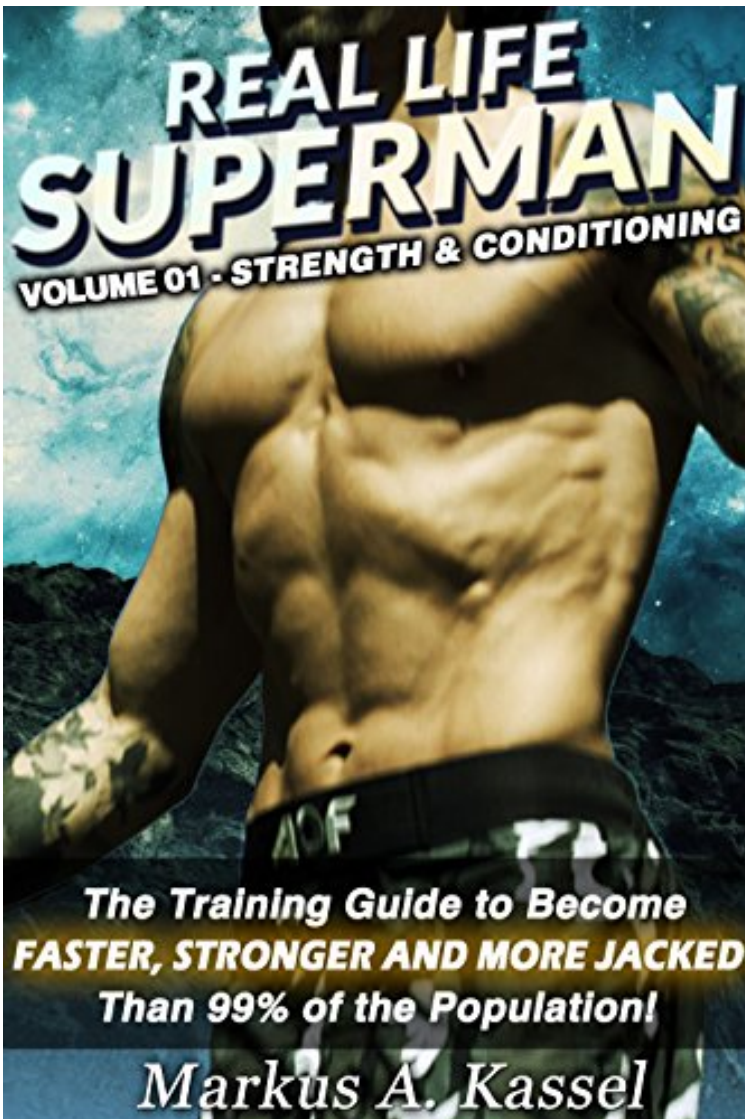


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# Real Life Superman: the Training Guide to Become Faster, Stronger and More Jacked than 99% of the Population: Volume 01: Strength Conditioning (English Edition)



Par Markus A. Kassel  
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## Description :

Prsentation de l'diteurWhat If You Knew a Sure-Fire Way to Build the Ultimate Body and Become a Real Life Superman?Youve always dreamt of developing the physique of a superhero ripped muscular, powerful explosive but nothing you ever tried gave you the expected results? Youre slowly starting to lose hope.

When will my time come? When will I finally get a body I can be proud of? What if that dream was only 100 days from becoming a reality? You need to read this book if you want to learn the easiest, most effective way not only to get more jacked than everyone else around you but to gain such strength and athleticism that to other people it will seem like you did GROW SUPERPOWERS! No matter your background or where you are in life today, this book will help you reach your goals of greatness. If any of the following applies to your situation, this program was made for you: You don't have much time to devote to training; You don't have much cash and can't afford a gym membership; You have a hectic schedule and can't train at fixed hours; You don't want to starve yourself to death to lean down; You're looking to build muscle but don't want to sacrifice speed or agility in the process; Your health is important to you and you wish to improve it; You want to realize your full potential and reach for the stars; This program is unlike any other in that it acknowledges the fact that most guys can't make everything revolve around forging their physique. They can't go around their day eating, sleeping and training for a superior body. They have duties to attend to, friends, family and activities which require their attention. In short, they can't follow the crazy schemes suggested by all fitness gurus. What they need is a proven method that can bring results without needing to sacrifice their entire life for it! Stop Wasting Your Time - Learn How to REALLY Eat and Train to Turn Into a Lean Mean Machine! Real Life Superman will teach you the secrets to developing a dynamic, powerful, agile and beach worthy body in less than 100 days. Guaranteed! It will reveal a step-by-step plan where each step builds upon the previous one so as to leave NO STONES UNTURNED. While it's nice to grow big muscles, to reach your full potential you will need to cover all bases. That's what this program will teach you, by showing you: How to eat for performance and ultimate well-being; The most effective exercises for building insane amounts of strength and muscle with nothing but your own body weight; How to become a true cardio beast with a few simple drills. Just imagine how your life will change once you get that superior body. A body that not only feels great but performs even better! How people will look at you differently, with awe and admiration. Your energy levels will skyrocket; your friends will beg you to share your secret; you will have become faster, stronger and more jacked than 99% of the population! The only thing that still stands between you and this reality is one last step... Show the World What You're Made of! If you're serious about achieving high levels of fitness and getting in the best shape of your life, don't waste another minute. Your new life is only one click away. Scroll up and click the Buy button, and get started on the incredible journey that will make a real life superman out of you! Presentation de l'auteur What If You Knew a Sure-Fire Way to Build the Ultimate Body and Become a Real Life Superman? You've always dreamt of developing the physique of a superhero ripped muscular, powerful explosive but nothing you ever tried gave you the expected results? You're slowly starting to lose hope. When will my time come? 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**Biographie de l'auteur** A black belt in Karate, ring-tested kickboxer who also holds a university degree in Psychology, I have to admit I know a thing or two about kicking butt and imposing my will on my foes. However, the real adversary I've always been looking to vanquish - whether in CrossFit competitions, in a race or a fight - has never been anyone else but me. I believe in the Latin phrase *mens sana in corpore sano* and try to honor that spirit every chance I get by looking for new, more efficient ways to improve myself and reach the next level. Through my trials and errors, I've accumulated a vast wealth of knowledge. Not only on the quickest means to attain one's physical peak but also on what it takes to toughen up mentally and develop a sharp, indestructible mind. In this series of books, I intend to share with you everything I've learned in close to 20 years of studying and perfecting my training. It is the next natural step for me: to put into words all that baggage made of sensations, hard-earned habits and unspoken truths; to extract its very essence without holding anything back. And by so doing, not only will I get better, you will as well! Some of the facts I'll lay out will surprise you, others may come as a shock, but rest assured that they represent the fastest shortcut to success. So, if you're ready for the change of a lifetime, let's get started and discover the Superhero who had been hiding inside you all along!

Sincerely, Markus