

Your 12 Weektraining For Life Schedule

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body for life is a 12 week programme that promises to change your mind change your body and change your life bill phillips exercise and nutrition plan has been proven to produce dramatic results for tens of thousands of people whatever their state of fitness the programme comprises weight training aerobic exercise a careful diet and in addition it addresses the reader s own personal goals and encourages personal transformation mentally not just physically the tone of the author is that of a personal trainer and motivation coach in book form the programme reveals how to lose fat and increase your strength by exercising less not more how to tap into an endless source of energy with his power mindset how to trade hours of aerobics for minutes of weight training with dramatic results how to feed your muscles and starve your fat with his eating plan and how resistance training can significantly increase your metabolic rate allowing you to burn fat and change the shape of your body the principles behind the programme are simple yet powerful and they can work for you in as little as 12 weeks transforming not only your body but the way you live your life

includes abstracts of magazine articles and book reviews

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