



# **The Body Sculpting Bible Express for Men (Bonus Feature: 75 Quick & Healthy Recipes): The Fastest Way to Lose Fat and Gain Muscle**

*James Villepigue, Hugo Rivera*

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**Get Ripped and Chiseled in Just 21 Minutes a Day**

Too often, people find themselves spending more time at the office and less time at the gym. Now there's a workout that works harder so you can take full advantage of your limited gym time.

From the experts that started the body sculpting phenomenon comes a workout designed to tone and chisel your body in 21 minutes a day: *The Body Sculpting Bible Express for Men*. This program is targeted to build strength, improve health, and sculpt your body through the course of the 21-Day Challenge.

*Now, as an added bonus, this revised edition also includes a 21-Day Meal Planner with 60 recipes to help you refuel your body and get the most out of your fitness routine!*

Based on the periodization principles that have made the *Body Sculpting Bibles* a success, Express Workouts are guaranteed to:

- \* Chisel and harden your torso and abs
- \* Build strength and muscle tone all over
- \* Magnify your shoulders, legs and arms
- \* Revitalize energy and restore stamina
- \* Provide a path towards lifelong fitness

Hugo Rivera and James Villepigue challenge you to get fit, toned, and sculpted with a workout so flexible you can use it at home, at the gym, or on your lunch break in your office.

*For video channel, online support and much more, visit [www.getfitnow.com](http://www.getfitnow.com).*

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