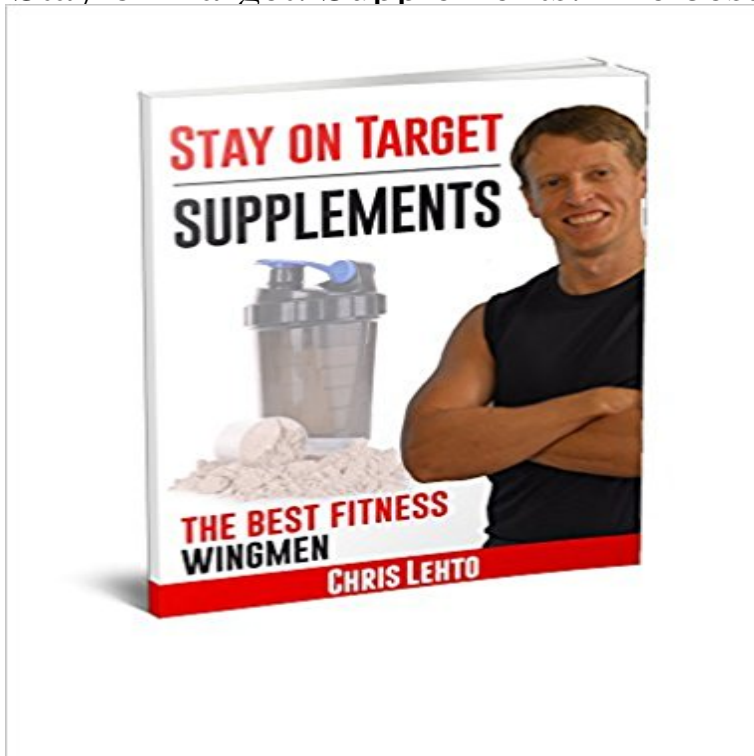


## Stay on Target: Supplements: The best wingmen



Maximize your gains and minimize your cost Through entertaining and motivational fighter pilot anecdotes, this 25 page guide will teach you how to get the most bang for your supplement buck. Whether you are a beginner or a serious athlete, you can learn how to get the body you have always wanted. Author and experienced F-16 instructor pilot Chris Lehto will show you which supplements actually get results. Supplement companies market for sales, not your results. Scientific studies are sponsored by the supplement manufacturers. Most supplements are not monitored by the FDA- they can literally put anything in the box. This book cuts through the marketing and hype to teach you everything you need to know about basic fitness supplementation. After reading you will be ready to apply a cost-effective and sustainable long-term supplement program to your life.

**PART 1 Mission Essential Supplements** Used and tested for decades, these supplements are time-tested and should be considered for any program. Maximize your gains, make your diet easier to maintain, and lift more weight in the gym, **PART 2 Optional Supplements** Although backed by some science, these products are newer or more controversial. They can be very effective if used conservatively and at the right times. **PART 3 Last Resort Supplements** This group of supplements definitely work but come at a cost. Although not recommended for consistent use, they can be used as a last resort in an emergency.

**Stay on Target: Supplements** cuts through the fluff and explains clearly how to apply a cost effective supplement program to your regimen. Supplements provide an amazing advantage to fitness. They will give you a marked advantage in your workouts and help make your diet livable and sustainable. They are the best wingmen. Get this guide for free by joining Chriss reader list at [www.chrislehto.com](http://www.chrislehto.com)

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