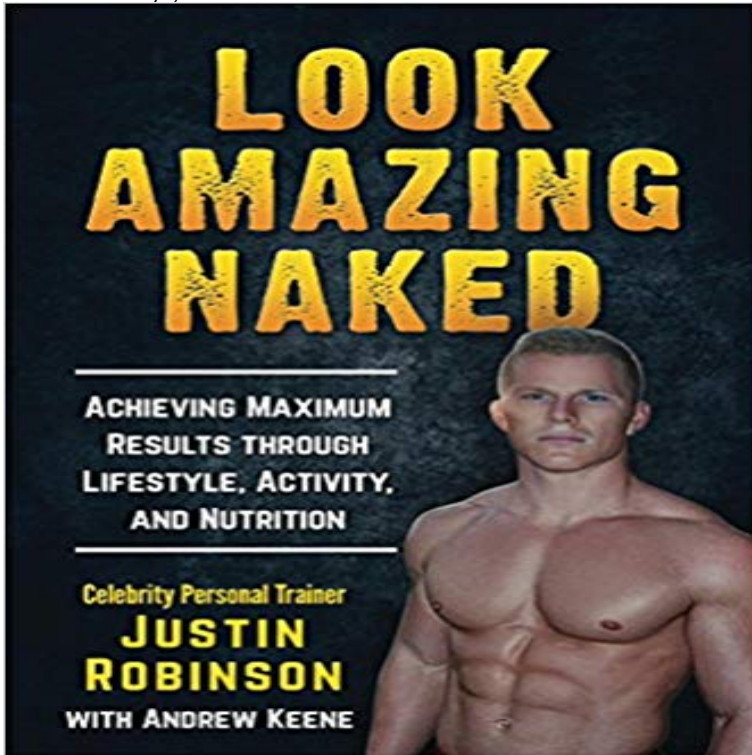


Look Amazing Naked: Achieving Maximum Results through Lifestyle, Activity, and Nutrition



Why Look Amazing Naked Best Seller will change your life FOREVER Justin Robinson, celebrity personal trainer, and Andrew Keene, financial media icon, team up to explain their secrets to losing weight, building muscle, and staying in great shape year round. Justin shares his journey from average guy looking to build a little muscle and get a six pack to one of the most sought-after celebrity personal trainers in Southern California. Having a strong background as one of the nations top fitness models and a national level bodybuilder; Justin trains his celebrity clients the same way he trains his own body! Andrew Keene is an average Midwest guy who enjoys playing sports and always enjoyed winning. He won third place at a Brazilian Jiu-Jitsu tournament, finished in the top 20% of an Olympic Triathlon, and won numerous basketball leagues. However, he never knew what it took to Look Amazing Naked until he met Justin Robinson in San Diego in 2014. He went from the skinny-fat guy at about 17.5% body fat to a shredded 7.4% within months of working with the Dynamic Duo. Have you ever asked yourself why it is so hard to work out, build lean muscle, and burn body fat? The reality is that most people are not in the best shape because they are simply misinformed, do not seek out the right information, or think that they are not capable of losing weight or developing an amazing body. What you are about to read and experience will change your life; helping you live a healthier life every single day and LOOK AMAZING NAKED! Look Amazing Naked combines three overlapping concepts: lifestyle, activity, and nutrition to combat societys sedentary culture. This philosophy will help the average persons fulfill their desire to look and feel better, perform at a higher level, be healthier and more confident, and enjoy a better quality of life. The Look Amazing Naked approach helps you stay

focused on your fitness goals. No more wasting hours at the gym, trying endless supplements or magic pills, or hocus pocus diets where you end up gaining all the weight back in the end. With the Look Amazing Naked blueprint you'll feel like you've got your favorite health coach and personal trainer with you every step of the way. The bottom line is that you CAN achieve your fitness goals without having your life revolve around it. The concepts take scientific research and proven studies and combine them to work in synchronization. The Look Amazing Naked approach works for men and women of any age looking to lose weight, add muscle mass, or achieve any of your fitness goals. In this book you're going to learn something most people will never know... Look Amazing Naked reveals things like:

The real reasons you aren't training and exercising correctly, and why it's really not your fault (but once you understand this, you will never have to deal with the dreaded plateau again)

How a groundbreaking scientific study proves you can maintain proper nutrition AND still enjoy your favorite foods

How the right cardio routine is essential to build lean muscle while burning fat (up to 24 hours after your workout)

Understanding 5 simple steps to eliminating D.A.W.G.S. and how it can save your life

The 3 step L.A.N. Approach that will make this program work for you, even if others have failed in the past

How to cement your success in place with a fail proof strategy to maintaining results

Learn the truth that personal trainers, other health & fitness books, and the U.S. Government won't tell you (most people, personal trainers, and authors don't know the truth)

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