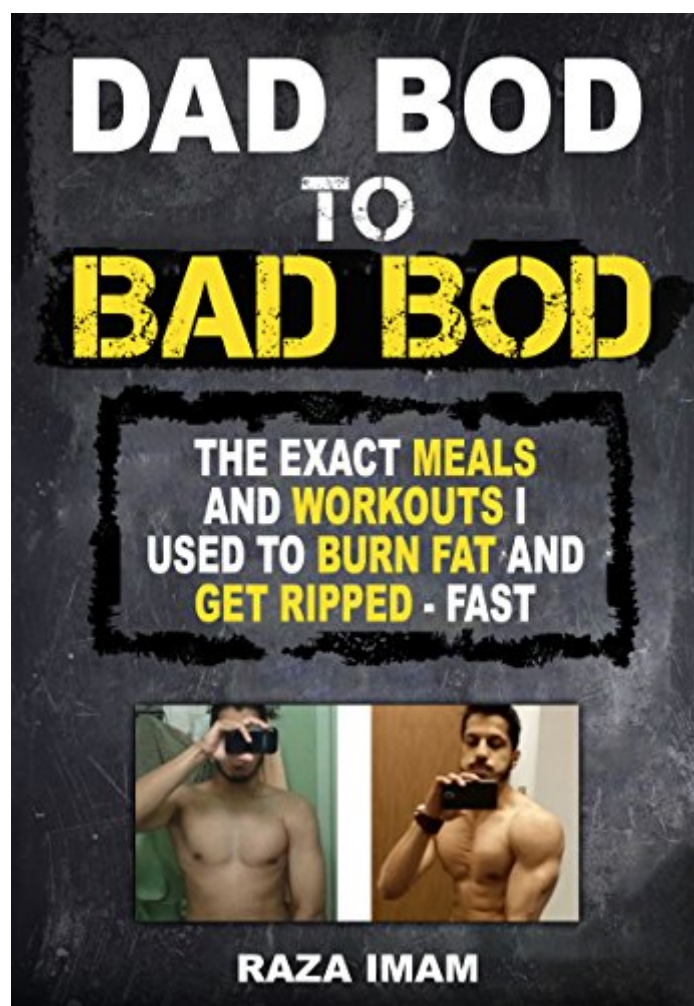


The book was found

Dad Bod To Bad Bod: The EXACT Workout And Diet I Followed To Burn Fat And Build Muscle - FAST (Abs, Ab Workouts)



Synopsis

I Reveal the EXACTLY What I Ate and Which Workouts I Used to Burn Fat and Build Muscle - Average Guys Like Me Can See Results In As Little As 2 Weeks By Following These Steps
In this short book, I reveal EVERYTHING you need to do to burn fat and build muscle. I left out the fluff, theory, and science and show you the exact action steps you need to take to get the results I got. I know this is a short book, but do you really need a 300 page book if you want to burn fat and build muscle... or do you need a simple, step-by-step guide showing how what to eat, how much to eat, and what kind of workouts to do? Well that's what I've compiled in this book. Here's exactly what you'll discover:
Pictures of my results
How I perfected this super-effective nutrition and workout strategy
The mindset trick I used to stay on my goals
Exactly what I ate to burn fat and get ripped (and how much you need to eat to do the same)
The exact meals that I ate that will keep you full AND satisfy your cravings
2 of the BEST workouts to get ripped at home OR the gym (I reveal exactly why they're so devastatingly effective)
The perfect cardio workout to supercharge your fat-burning
The ONLY 3 ab exercises you need to do for a lean, sculpted six pack
I made it short and sweet so you can read it in less than 10 minutes... so go ahead and get a copy of this book now.

Book Information

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Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors #331 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

This is a short read packed with excellent information about how to build a lean strong body. Raza discusses how he has progressed with different workouts to arrive at one that suits his current lifestyle - married with young children - that many can relate to. Raza also discusses how important the proper diet is to build a strong lead body - from calories to carbs. He talks about the impossibility of achieving a lean body by exercising without incorporating the proper diet - with various links to back up his position. At my age, his workouts are above my paygrade, but I'm going to incorporate some of his suggestions on what mix/proportion of foods to eat - and those to avoid. I like Raza's writing style. He talks about how he has learned from reading and experimenting - without trying to sell you on a magic formula. I would give this book a five for brevity and content, but backed off one star because I'm no longer able to work out with his stamina and intensity.

From dad bod to bad bod is a fat scorching and muscle building workout that uses body weight exercises to go from a flabby "skinny fat" physique to one that is lean and muscular. The exercises are done 3 days a week for at least 45 minutes and also tells you what to eat melt the pounds of unhealthy visceral fat and replace it with good looking strong muscles.

Amazing simple to read must have

Interesting read

No new information. Formatting was weird. Some links were missing. I'm glad I checked it out through Kindle Unlimited because it's not worth the regular price. It's literally a blog post about IF + IIFYM and StrongLifts/Starting Strength/531 + HIIT. A quick google search can save you the \$3.

A concise program with reviews and links to programs and sites the author used to achieved his goal. Brief and motivating . Could be improved with a few before and after pictures of the author's achievements and some more details on food such as portions or recommendations on choosing protien powder and other supplements

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