



# Get Ripped Regardless: Escape the Gym, Look Great, Love Life (Volume 1)

*Mr Sam R Beddall*

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## **Get Ripped Regardless: Escape the Gym, Look Great, Love Life (Volume 1)** Mr Sam R Beddall

It's time to stop the fitness merry-go-round for good. No more hundreds of pounds spent on supplements and gym memberships every month, no more wasted time battling complex gym sessions, no more nonsense about good genetics. This book will show you everything you need to know to: - Escape the gym and **STILL** build a body you can be proud of - Eat huge junk-food meals and still stay ripped/gain lean muscle - Use your body for maximum functional strength and fitness - Invest wisely in supplements that actually work - Lose weight fast and keep it off forever - Choose the best exercises for a strong, sinewy body - Choose the intermittent fasting routine that works for you - Drink alcohol every week and still lose fat - Focus your mind and achieve whatever you want in life – be it money, fame, love or the best body on the planet - You'll also discover some well-kept secrets such as: - How to increase your 1 rep max by 27%, lose 5lbs of fat and add 9lbs of muscle in 10 weeks - How to increase your growth hormone levels by 900% - The 'secret', super-simple diet spoken about on bodybuilding forums that ordinary people don't know about – that gets you ripped - Why body fat isn't the bad guy the fitness industry makes it out to be - How to listen to your body for lifetime leanness and contentment - The Pacific Island technique for doubling your testosterone with food in six weeks or less Plus much more! Let me reiterate. The information you'll find here will cost you £40+ in glossy information products and online courses. What I've done is strip back all of the nonsense and lay it out straight, for a tiny fraction of the price. If you want a lean, great-looking body that turns heads in and out of clothes, for many years to come, while still enjoying all of the drinks and foods you do right now, then this is for you. Buy the book now and look great for life! About the Author Hi, I'm Sam and I've been properly working out since I was 14, ever since reading my Dad's copy of The Encyclopaedia of Modern Bodybuilding by Arnold Schwarzenegger. Throughout the years I've tried every routine and supplement under the sun and have acquired an in-depth perspective of what works and what doesn't with regards to diet and exercise. I want to help you get in shape in the least amount of time, in the least intrusive way, so you can get on with what's really important – living. I hope you enjoy my book and I'd love to hear from you. Thanks, Sam

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