



7 Weeks to Getting Ripped: The Ultimate Weight-Free, Gym-Free Training Program

Brett Stewart

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SCULPT YOUR ARMS, SHOULDERS, BACK, ABS, LEGS AND BUTT IN JUST 7 WEEKS!

Follow the day-by-day plan in this book and you will finally achieve the body you've always wanted. The *7 Weeks to Getting Ripped* program takes less than 2 hours per week and doesn't require any bulky gym equipment, but the workouts have the power to reshape your entire physique.

Packed with clear charts and helpful photos, this book provides everything you need to get in the best shape of your life in just **7** weeks:

- **Effective bodyweight exercises**
- **Fun & challenging fitness games**
- **Step-by-step instructions**
- **Valuable nutrition tips**
- **Easy-to-follow programs**

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