

Fitness Fast



This one of a kind book is unique in that it will take you from being unfit to fit in as little as 36 weeks. If you are fit then it will make you fitter, why?

The book has a three layer system from Beginner, through Intermediate to Advanced Workouts, this covers all your fitness needs from Cardio to Bodyweight Workouts.

The book contains, detailed workouts for all Three Levels, Nutritional Advice, Heart Rate Charts, Self Fitness Tests, Workout Logs, and much more.

Its tried and tested and is proven to work

Daniel Durie
3 Scots

“During our tour of Afghanistan, we followed the workouts in our down time and were able to keep our fitness at a peak so we could still operate even in the heat.”

Mirren McGuigan
Triathlete

“I train a lot and was given the book as trial for when I am short on time, it works I noticed a difference in three weeks, my abs and triceps were tighter and my recovery after the cardio improved dramatically.”