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# Anatomy Of Fitness Navy Seals

**Patricia A. Duester**



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15 Minutes to Fitness Vincent Ben Bocchicchio, 2017-01-17 Do you ever feel like a hamster spinning on a wheel in an endless loop and getting nowhere when it comes to your health and fitness Are you working out regularly and cutting calories but seeing no real improvements Does it feel like you will never lose those last 10 or 20 pounds Or do you feel as if you simply don't have the time required to lose the fat and get into shape Imagine if you could have the blueprint for the most efficient form of exercise to keep your body healthy and fit and an eating plan to satisfy hunger taste and health Well now you can The best part It will only require 15 minutes of exercise twice a week paired with a controlled carb diet and on the average you will lose 10 pounds of fat within five weeks It's hard to believe but it works and 15 Minutes to Fitness Dr Ben's SMaRT plan for total Fitness will not only show you how to do it but also explain why it works If this sounds like just another new exercise secret please be assured that it is most certainly not The foundation of this program is based on years of study observation and practice and it has delivered real measurable results in the overwhelming majority of those who have tried it Dr Vincent Ben Bocchicchio has spent the last 40 years in the fitness and health field and as he approaches 70 people are still shocked to hear that he only spends 14 minutes twice a week on working out But it's true With only 7 percent body fat he is often asked what the secret is and if there's a magic bullet The answer would be that the magic bullet is knowledge And now with this book you will understand why genetically our bodies require simple and limited exercise exposure and how you can follow this optimal pattern yourself The fact is that as humans we are hard wired to exercise our bodies in very specific ways to reap the highest level of health benefits I will provide the simple scientific argument for why my combination of high intensity exercise and controlled carbohydrate eating is the most effective means for burning fat so that you can better understand exactly why this works Exercise and diet are the two most powerful tools available for attaining high levels of health and function and 15 Minutes to Fitness will show you just how little it actually takes to achieve a maximum response

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