



Your Simple 10 Minute Body Training Guide: The Science of a Simple Blueprint to Building Muscle and Strength with a 10-Minute Workout Plan

Matthew J. Purcell

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WHY YOU SHOULD READ THIS BOOK

The Journey is in you, all you have to do is begin.

I think nearly everyone I talk to wants to be fitter, whether that be weighing less on the scales, fitting in that new suit or dress you have bought for that special occasion, having bigger arms or smaller arms, toner bum and legs or being able to walk up the stairs at work without having to pause to catch your breath, or to be able to kick a football around with your kids at the park without calling for your fifth timeout in as many minutes when you no longer can breathe with ease.

Firstly, let me start off by saying I am not a fan of scales, and the constant disappointment people feel when it has been a whole 24 hours since the last disappointing weighing.

Yes, it is true for most, losing overall weight can be a great thing for your health and can be a positive boost for your journey, there is no questioning that.

However, let me take a few moments of your time, and I promise you will not regret it.

1 pound of fat takes up more space than 1 pound of muscle; this is because muscle is denser. Let me explain, if you stood next to someone whose height and weight were the same as yours but your body-fat percentage was higher, then you would have more inches and need larger clothes to fit in. You would also be more prone to a number of health-related illnesses such as diabetes type 2, heart disease and high blood pressure to name a few.

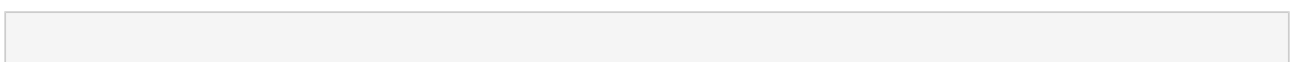
YOU MIGHT WANT TO SIT BACK AND HOLD ON TIGHT FOR THIS NEXT BIT!!!

YOU BURN MORE CALORIES!!! I'm not going to sit here and say you burn hundreds more calories a day by having a few extra pounds of muscle, but you do burn more than you would have if those extra few pounds did not exist. With all the above in mind, as I said earlier lowering your overall weight can be a good thing but lowering your body-fat percentage and increasing your muscle mass is far more beneficial to your health and body shape.

The fact that you have read this tells me that you are deciding or have already decided that you are ready to start the journey, your unique journey to a healthier fitter you, and I am excited and so should you be.

And don't forget to grab your access to 32 videos and a free app!!

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Nancy Brown:

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