

51 Days: No Excuses

By Rich Gaspari

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51 Days: No Excuses By Rich Gaspari

In 51 Days No Excuses, Rich Gaspari invites you on a 51 day challenge to transform your body and mind with a no excuses approach at a lifestyle change. With the 51 day program, it is important you stay the course and realize that you are the only person that can hold you back. In this book you will not only receive a daily diet and exercise plan, but stories of overcoming obstacles, personal setbacks, and how to stay motivated in the face of adversity. It doesn't matter if your goal is to be a bodybuilder or to just get in better shape, you are going to get leaner, stronger, ripped and bigger in the right places with Rich's program as well as motivated. And you don't have to worry if you don't have all the right equipment, if you feel too small, or if you think you are past your prime. Rich's 51 day program will get you on the right track to looking and feeling great. Stop the excuses today and watch your body and mind change.

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Editorial Review

About the Author
Rich Gaspari is a former professional bodybuilder who was inducted into the IFBB Hall of Fame in 2004. In 2001, he started his own supplement company, Gaspari Nutrition. He was the first winner of the Arnold Schwarzenegger Classic in 1989 and has appeared on numerous fitness and body building covers, including the October, 2011 issue of Iron Man.

Users Review

From reader reviews:

Gary Rose:

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to learn everything in the world. Each publication has different aim or even goal; it means that publication has different type. Some people feel enjoy to spend their time for you to read a book. They are really reading whatever they acquire because their hobby will be reading a book. How about the person who don't like examining a book? Sometime, person feel need book if they found difficult problem or even exercise. Well, probably you should have this 51 Days: No Excuses.

Julie Harris:

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the book untitled 51 Days: No Excuses can be very good book to read. May be it can be best activity to you.

Maria Levine:

What is your hobby? Have you heard that will question when you got pupils? We believe that that problem was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. And you know that little person similar to reading or as studying become their hobby. You need to understand that reading is very important and also book as to be the factor. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You find good news or update about something by book. Different categories of books that can you choose to use be your object. One of them is niagra 51 Days: No Excuses.

Rita Furguson:

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