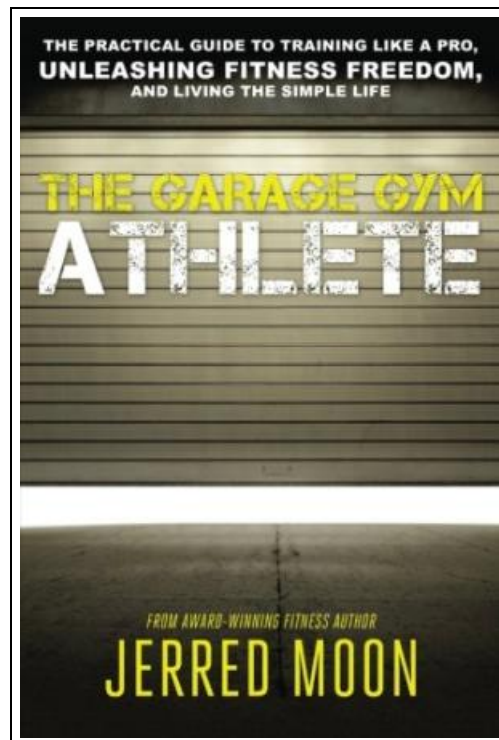


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ripped From The Wild Blue Yonder: Ex-Air Force Guy Reveals The REAL Fitness Revolution Hiding Right Under Your Nose. If you re not getting the best workout you can get. You re running the risk of being as far away from your ideal body as the Marianas Trench is from the surface of the Pacific Ocean. That s deep, buddy. Real deep. But here s something else to dive into, all puns aside: how many days are you going to let pass before you finally hit your fitness goals? Not those goals you see on TV. Not the goals your friends have. Your goals. The real ones that hit you at 3am and leave you staring at the ceiling in a wild mix of excitement and sheer panic. The ones that make you a little nervous to admit to anyone but your closest friends. Fitness is life. Moving faster, lifting more, and being better than pool-noodle flexible is the stuff that an optimal life is made out of if you ask me. And people have been asking me how to get the best body without necessarily putting your bank account on life support. That s when it hit me. Most People Are Hustling Backwards! Quick Test: if you want to know whether or not you re the President of the Backwards Fitness Hustlers Club, answer this: Why aren t you already working out on your terms? If your first thought was to pull an excuse out of that fine database you re calling a brain, I have bad news for you: you re not only hustling backwards, but you ve voted yourself into the highest office in excuseland in...



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