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## How to Lose Weight and Look Good with Strength Training

By Batista Gremaud, Stephen Hercy Aka Dr Fitnessusa

On the Inside Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The first and only International Body Designer, Stephen Hercy, AKA Dr. Fitness USA, reveals the secrets behind his Body Design Formula strength training system, in his new book How to lose weight and look good with strength training, written by international speaker, author and professional entertainer Batista Gremaud. How to lose weight and look good with strength training is a must read for anyone interested in maximizing time and results with their approach to exercise. Stephen Hercy s deep interest in the works of Carl Jung led him to conclude that women should not workout like men and vise versa. From these notions, he developed his unique Body Design Formula System, which stems from his 45 years of practical experience, research and case studies. The book describes step-by-step the philosophy and findings behind the Body Design Formula System, enabling anyone whether a celebrity, housewife, professional or student to tune into the natural biorhythms of the body and avoid the pitfalls of the exercise world, reduce pain as in fibromyalgia for example, prevent injuries and achieve...



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