



## Hack Your Fitness: The High Achiever s Guide to Getting Ripped in Under 3 Hours a Week (Paperback)

By Jay Kim

Lioncrest Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cardio exercises. Weight training. Calorie counting. You re hitting the gym five days a week and eating healthy, balancing a busy career and family responsibilities, but your workout isn t working out. Despite the hours spent pedaling, running, and lifting, the lean, muscular, six-pack body you ve been sweating to attain and maintain remains stubbornly out of reach. Let fitness guru Jay Kim show you how to optimize your workout routine and nutritious food preparation to get maximum results in minimum time. In Hack Your Fitness, Kim shares his goal-winning formula-a combination of intermittent fasting, carb cycling, macronutrients, and compound exercise training-that helped him lose fat and gain muscle, while only spending three hours a week in the gym. This regimen isn t a quick-fix solution for people looking to drop pounds without changing their habits. It s a simple, but not necessarily easy, lifestyle design that will help you get slim and trim-for life-if you re committed to the patience and persistence required in sustaining your body s health. Featuring step-by-step exercise routines and nutritious meal plans, Hack Your Fitness...



[READ ONLINE](#)  
[ 8.26 MB ]

### Reviews

*A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.*

-- Nathanael Treutel

*Most of these book is the perfect pdf readily available. It normally will not expense a lot of. I found out this pdf from my dad and i recommended this publication to find out.*

-- Dejuan Yost