

Max Workout Manual

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Max Workout Manual

Shin Ohtake's unconventional, no-nonsense approach to fitness & fat loss has made him the go-to source for fitness enthusiasts and trainers alike. His world-famous fitness program, MAX Workouts , has transformed and reshaped the bodies of thousands of people in over 100 countries - without requiring hours in the gym.

Where To Download Max Workout Manual

MAX Workouts by Shin Ohtake - High-Intensity Workout ...

So let's see what you'll learn in the Max Workouts manual: 90 days workout plan, with exercise that are scheduled out for you on a weekly basis, Comprehensive descriptions of all exercises, including number of repetitions and rest intervals, Detailed photos of every exercise so you know exactly how

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Max Workouts - User Reviews and Ratings

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MAX workouts were created by Shin Ohtake as “ the 90-Day Ultimate Fitness Program. ” The fancy eBook cover promises anyone can achieve some pretty reasonable goals by following their workout routine. In addition to their complimentary add-on manual called the New Lean Body Diet.

Max Workouts Review - Why I Didn't Buy It

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Owner's Manual

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The Bowflex Blaze Home Gym Owner's Manual

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