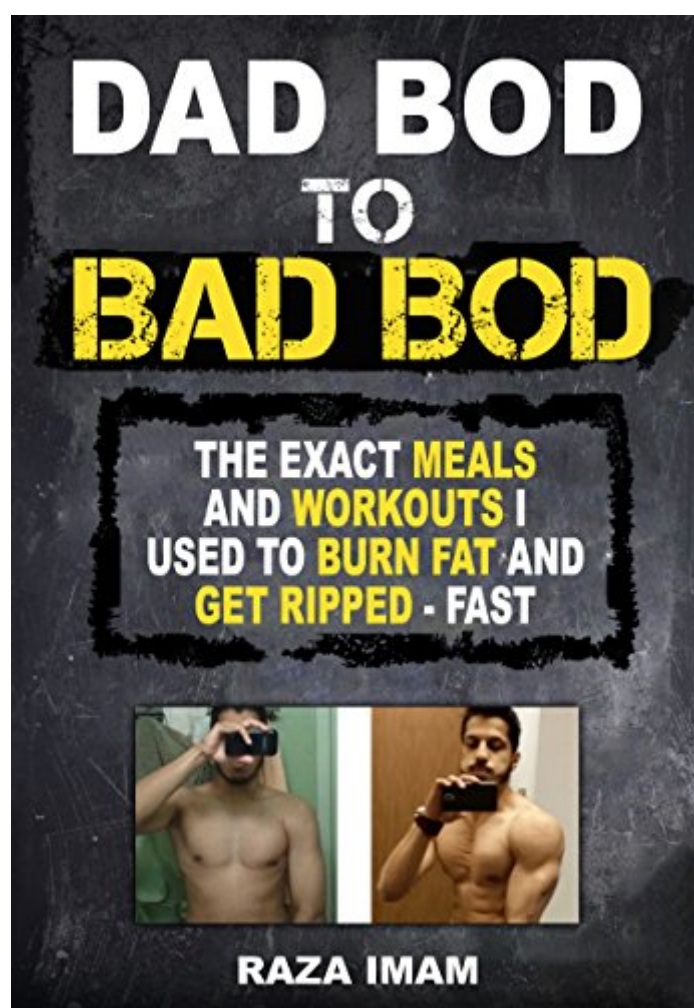


The book was found

# Dad Bod To Bad Bod: The EXACT Workout And Diet I Followed To Burn Fat And Build Muscle - FAST (Abs, Ab Workouts)



## Synopsis

I Reveal the EXACTLY What I Ate and Which Workouts I Used to Burn Fat and Build Muscle - Average Guys Like Me Can See Results In As Little As 2 Weeks By Following These Steps In this short book, I reveal EVERYTHING you need to do to burn fat and build muscle. I left out the fluff, theory, and science and show you the exact action steps you need to take to get the results I got. I know this is a short book, but do you really need a 300 page book if you want to burn fat and build muscle... or do you need a simple, step-by-step guide showing how what to eat, how much to eat, and what kind of workouts to do? Well that's what I've compiled in this book. Here's exactly what you'll discover:

- \*Pictures of my results\*
- \*How I perfected this super-effective nutrition and workout strategy\*
- \*The mindset trick I used to stay on my goals\*
- \*Exactly what I ate to burn fat and get ripped (and how much you need to eat to do the same)\*
- \*The exact meals that I ate that will keep you full AND satisfy your cravings\*
- \*2 of the BEST workouts to get ripped at home OR the gym (I reveal exactly why they're so devastatingly effective)\*
- \*The perfect cardio workout to supercharge your fat-burning\*
- \*The ONLY 3 ab exercises you need to do for a lean, sculpted six pack\*

I made it short and sweet so you can read it in less than 10 minutes... so go ahead and get a copy of this book now.

## Book Information

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## Customer Reviews

This is a short read packed with excellent information about how to build a lean strong body. Raza discusses how he has progressed with different workouts to arrive at one that suits his current lifestyle - married with young children - that many can relate to. Raza also discusses how important the proper diet is to build a strong lean body - from calories to carbs. He talks about the impossibility of achieving a lean body by exercising without incorporating the proper diet - with various links to back up his position. At my age, his workouts are above my paygrade, but I'm going to incorporate some of his suggestions on what mix/proportion of foods to eat - and those to avoid. I like Raza's writing style. He talks about how he has learned from reading and experimenting - without trying to sell you on a magic formula. I would give this book a five for brevity and content, but backed off one star because I'm no longer able to work out with his stamina and intensity.

From dad bod to bad bod is a fat scorching and muscle building workout that uses body weight exercises to go from a flabby "skinny fat" physique to one that is lean and muscular. The exercises are done 3 days a week for at least 45 minutes and also tells you what to eat melt the pounds of unhealthy visceral fat and replace it with good looking strong muscles.

Amazing simple to read must have

Interesting read

No new information. Formatting was weird. Some links were missing. I'm glad I checked it out through Kindle Unlimited because it's not worth the regular price. It's literally a blog post about IF + IIFYM and StrongLifts/Starting Strength/531 + HIIT. A quick google search can save you the \$3.

A concise program with reviews and links to programs and sites the author used to achieved his goal. Brief and motivating . Could be improved with a few before and after pictures of the author's achievements and some more details on food such as portions or recommendations on choosing protien powder and other supplements

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Dad Bod to Bad Bod: The EXACT Workout and Diet I Followed to Burn Fat and Build Muscle - FAST (Abs, Ab Workouts) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The Science of Getting Ripped: Proven Diet Hacks and Workout Tricks to Burn Fat and Build Muscle in Half the Time How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Walking: Weight Loss Motivation: Lose Weight, Burn

Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

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