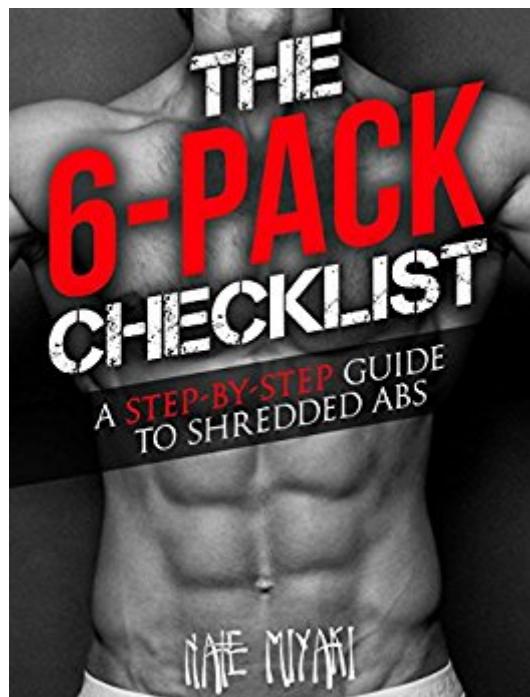


The book was found

The 6-Pack Checklist: A Step-by-Step Guide To Shredded Abs



Synopsis

Miles Away From the Body You've Always Dreamed Of? Can you squat and bench heavy loads but are also carrying an extra load around the waist? Can you perform amazing boot camp and cross-training drills but don't look like you've ever exercised a day in your life? Can you hit amazing running times but are still soft, saggy, and flabby crossing the finish line? There is no doubt about it, Man Boobs & Muffin Tops are a tenacious tag team opponent that is hard to keep down for the count these days. Most of us are a long way from living lean year-round, even if we think we're eating right and exercising the way we should. Ditch the Fitness Myths & Find a Sustainable Diet Structure The truth is, most of us are doing everything wrong when it comes to getting lean and finally getting that much-desired 6-pack. Those quick-fix, boot camp workouts you see advertised on TV? Not gonna cut it. Loading up on fat to be in a ketogenic, "fat-burning zone"? Nope, not going to work, either. So what's it going to take to get the bikini or board short body you've always wanted? More diets, deprivation, and struggle? Or are there some simple strategies you can put into place that fit into your lifestyle that will finally get you lean? Stop Wasting Hours in the Gym Use the most efficient path to results possible. Nate Miyaki has condensed his 15 years of shredding experience into The 6-Pack Checklist, which will give you a step-by-step process for getting the body you've always dreamed about. No magic, no pills, no crazy diet plans that will have you feeling hangry by lunchtime. This is simple advice that anyone can implement. Miyaki walks his talk (and has pictures to back it up). So get out there and start attacking your goals today--not tomorrow, or some other time down the line. "Some other time" usually ends up being never.

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Customer Reviews

Nate's done a great job here! He presents a clear and focused strategy for slimming down while maintaining lean muscle mass. He also provides plenty of geeky scientific research references to assure you that his approach is scientifically sound. Plus, he writes from experience as someone who walks the walk, not just talks the talk; his body reflects his understanding of these concepts and he's helped clients overcome the same challenges we all face. I'll definitely be recommending this book to folks I know who need the straight scoop on how to get the body they've always dreamed of having.

This is a well written book with plenty of good ideas.

Nate Miyaki is the man when it comes to helping people get in great shape using the simplest but most effective route. The fact that this was free a testament to how much he cares about getting people results and helping us all make progress.

Great book. Straight to the point, no bs. Everything is clearly explained and repeated throughout the book so you wont finish the book and ask yourself "so where should i start?. You finish the book and you know exactly what you need to do and how to do it. No questions left unanswered.

Nate combined all previous books into this excellent read! This includes nutrition and resistance training recommendations. There is so much info out there, but Nate simplifies it so that it is easily applied to you. Following the guidance and knowledge in this book will help you have that awesome body you've always wanted.

Decent info but the author tends to be redundant and finds himself rambling quite a bit. Not as detailed as one would hope and also speaks in some terms that those not super familiar with the fitness industry may not fully understand. I do appreciate some of the sarcasm and self depreciation from the author

Nate, does a great job in this book blueprinting his simple beliefs on how to diet for an aesthetic physique. It was a great read with tons of info written in a laid back style. Nate describes his reasonings against certain diet dogmas and how they are ineffective in the long run for consistent fat loss. He defends his positioning in a comical manner backed by peer scientific reasoning.. His checklist is simple and sound making a lot of sense without any of the over complication. A book worth having on the shelf

Quick and easy read, straight to the point. Good book to start with as you plan out your fitness goals.

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