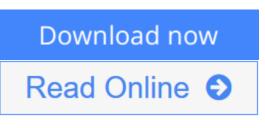


IIFYM Flexible Dieting Bodybuilding Guide: If It Fits Your Macros Diet Plan Trains You on How to Lose Weight, Build Muscle, Lose Body Fat, & Maintain ... Physique! (The APE Coach Presents) (Volume 1)

By Tyler Johnston



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## Editorial ReviewAbout the Author

Hi I'm Tyler, Personal Trainer, Fitness Nutrition Coach, CBBF Natural National Physique Competitor, Mr. CHIN Fitness Model 2014, Speaker, and #1 Best-Selling Author. Fitness and health has always been a major part of my life and over the past 7 years I've committed myself to learning the ways of the iron. I read everything I could (books, articles, studies, e-books, ) on training, nutrition, supplementation and personal development and spent thousands of hours applying all of the knowledge I've gained over the years to my own life and those of whom I've worked and trained with. It is through these years of experience and trial and error that I have been able to develop real results-producing training and nutrition principles as well as success principles to improve in literally every area of life. I have been able to change every area of my life to what I always imagined it could be through the understanding, belief, focus and consistent actions towards my goals. And I want to help you achieve the same! I am incredibly passionate about helping others achieve their ultimate goals and being the absolute best they can be both inside and outside the gym. I have the extreme privilege now to help people all around the world just like you achieve the body of your dreams and live a life you truly love. To find passion, purpose and balance to be the leader within and to LIVE YOUR LEGACY. Some Of My Credentials Include: > Founder and Head Trainer / Fitness Nutrition Coach at Alpha Physique Engineering > Certified Personal Training Specialist > Certified Fitness Nutrition Coach > 1st Place Men's Physique Medium at Guelph Mo-Muscle Classic > 4th Men's Physique Medium at Ontario Natural Championships > 1st Place Mr. CHIN Fitness Model 2014 > Nationally Qualified CBBF Natural Men's Physique Competitor > Hold Degrees in Psychology and Business Administration from Wilfrid Laurier University > Author and Creator of The APE Coach Presents Series: IIFYM Flexible Dieting Bodybuilding Guide The "IIFYM Flexible Dieting Bodybuilding Guide: If It Fits Your Macros Diet Plan Trains You on How to Lose Weight, Build Muscle, Lose Body Fat, & Maintain a Healthy Lifestyle For the Perfect Physique!" is the first of many books to come to help you achieve greater success in health, fitness, nutrition and life while enjoying the process. Users ReviewFrom reader reviews: Micheal Moore: The reason why? Because this IIFYM Flexible Dieting Bodybuilding Guide: If It Fits Your Macros Diet Plan Trains You on How to Lose Weight, Build Muscle, Lose Body Fat, & Maintain ... Physique! (The APE Coach Presents) (Volume 1) is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who write the book in such wonderful way makes the content inside easier to understand, entertaining technique but still convey the meaning completely. So, it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking technique. So, still want to hesitate having that book? If I were you I will go to the publication store hurriedly. Kellie Smith:Do you really one of the book lovers? If yes, do you ever feeling doubt if you are in the book

store? Attempt to pick one book that you never know the inside because don't judge book by its handle may doesn't work this is difficult job because you are afraid that the inside maybe not because fantastic as in the outside search likes. Maybe you answer can be IIFYM Flexible Dieting Bodybuilding Guide: If It Fits Your Macros Diet Plan Trains You on How to Lose Weight, Build Muscle, Lose Body Fat, & Maintain ... Physique! (The APE Coach Presents) (Volume 1) why because the excellent cover that make you consider concerning the content will not disappoint you. The inside or content is fantastic as the outside or even cover. Your reading sixth sense will directly direct you to pick up this book.

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