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The Worlds Fittest Book The

The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential.

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Aiming to be the most eclectic and comprehensive fitness guide ever created, The World's Fittest

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Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, listeners will understand 'fitness' better than the vast majority of the population.

The World's Fittest Book by Ross Edgley | Audiobook ...

The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, this is perhaps the most eclectic and comprehensive fitness guide ever created; and will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential .

THE WORLD'S FITTEST BOOK - Ross Edgley

The World's Fittest Book, written by Ross Edgley, is a book filled with entertaining anecdotes and thought-provoking research in the domain of health and fitness. Edgley helps beginners embark on their own fitness journey, whilst also providing a platform for improvement for well-established athletes.

The World's Fittest Book: Book Review - QuickFix Culture

THE SUNDAY TIMES BESTSELLER How to train for anything and everything, anywhere and everywhere The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential.

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This book is a mix of a memoir, a fitness manual, and a de-bunker of conventional fitness advice. This is about how Ross went around the world and learned about how people from different cultures

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and occupations lived and trained.

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It took ten years, travelling 100,000 miles to 100 countries, training for 10,000 hours with Olympians, world-record holders and Yamabushi warrior monks, but The World's Fittest Book has finally...

Why you need the world's fittest book in your life ...

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The World's Fittest Book by Edgley, Ross (ebook)

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