



The Lean Body Promise, Gym Edition (Collins Gem)

Lee Labrada

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Regardless of what shape you're in, your age, or how many diets and fitness programs you've tried without success, Lee Labrada would like to make you a promise: there is a lean, strong body inside of you, and you have the power to release it.

In *The Lean Body Promise*, this renowned fitness authority, former Mr. Universe, and trainer to thousands introduces the ultimate body fat-burning solution that will yield startling and dramatic results in just 30 minutes per day, in as few as 12 weeks.

Based on revolutionary principles Lee has developed over the past 25 years and which he calls "Banex," or "balanced nutrition and exercise," *The Lean Body Promise* shows you how to shift your body from "fat-storing" to "fat-burning" mode, feeding lean muscle tissue while simultaneously starving excess body fat. Starting with a 12-week personal improvement challenge, Lee shows you how to continue your journey of physical and mental self-improvement and make changes that will profoundly improve your health and well-being for the rest of your life.

Inside, you'll find inspirational stories of ordinary people who experienced extraordinary, life-transforming changes in their bodies by applying the principles in this book. If they did it, so can you!

Short, easy-to-follow workouts for the gym or home that will strengthen your heart and lungs, burn body fat, and most important, build muscle. You'll kick your metabolism into high gear, enabling you to melt fat even while you're resting. Lee puts it all together in a day-by-day format that will help you derive maximum results from short workouts.

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