



Get Ripped Y'all: The Blueprint (30 Days)

Randy Jones

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How Regular People Get Ripped!

Are you ready to take your fitness goals to the next level?

In a market flooded with books on how to lose 20 pounds in a week, or how to gain 20 pounds of muscle in a month, aren't you ready for an approach that is realistic and actually works over the long term?

You can starve yourself for a week to lose 20 pounds, but your metabolism will be wrecked and you will likely regain more weight than you lost.

You could take steroids and gain twenty pounds of muscle in a month, but that doesn't mean that you should.

What if the secret to getting ripped is really no secret at all? What if instead of a vigorous and restrictive torture cycle, it only takes a few key – and realistic - changes to your daily habits?

Getting ripped is not some elaborate formula secretly guarded by the high priests of fitness, but instead a consistent state of mind and lifestyle.

Whether you are already in good shape and need to get over the hump, or if you're a self-described 'coach potato' who needs to get in gear, this book is for you.

This book is a blueprint, packed with information, tips, and advice on what it truly takes to get – **and stay** – ripped.

There are a million different fitness books, programs, and products, but there is only one TRUE path to getting ripped.

It's easy to get caught up in the biggest fitness craze, or the latest diet plan, but wouldn't it make more sense to hear how an 'average Joe' stays in great shape year-round?

This book doesn't focus on counting calories or following a dogmatic workout regimen, but instead provides an outline that ANYONE can follow.

Going beyond diet and exercise, this book also focuses on the psychological aspects of getting ripped, which are often overlooked - yet vitally important.

For the truth on what it takes to get ripped, and the blueprint to get you there, download this book NOW.

tags: diet and exercise, green smoothies, bodyweight exercises, pull-ups, push-ups, walking, running, sprints, fruits, vegetables, greens, calisthenics, plyometrics, get ripped, nutrition, servings of fruits and vegetables, superfoods, superfood smoothies, healthy living, clean living, daily smoothie, vitamix, blenders, water, sleep, habits, improvement

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Leigh Harris:

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