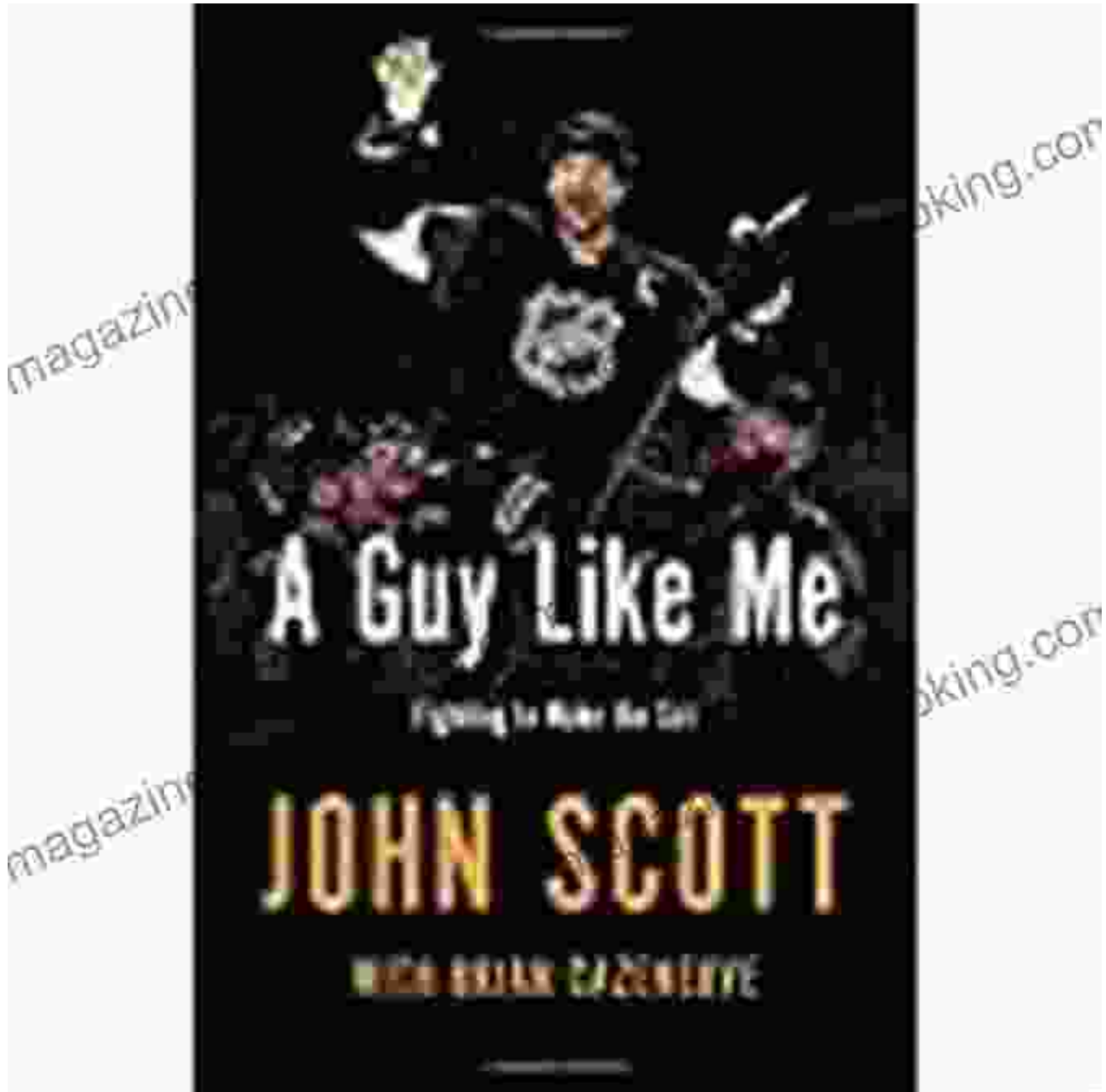


# Fighting to Make the Cut: The Ultimate Guide to Achieving Your Fitness Goals

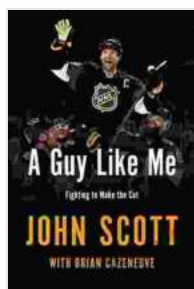


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Written by certified personal trainer and nutrition coach, Mike Matthews, *Fighting to Make the Cut* provides you with everything you need to know to lose weight, build muscle, and get in the best shape of your life. This book covers everything from nutrition to exercise to mindset, so you can finally achieve the results you've always wanted.



### **A Guy Like Me: Fighting to Make the Cut** by Ken Chaddock

★★★★☆ 4.7 out of 5

Language : English  
File size : 32910 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 225 pages



### **Here's what you'll learn in *Fighting to Make the Cut*:**

- The science of weight loss and muscle building
- How to create a personalized nutrition plan
- The best exercises for losing weight and building muscle
- How to stay motivated and on track
- And much more!

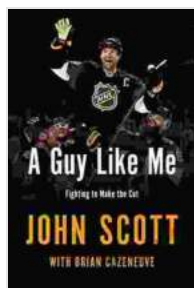
*Fighting to Make the Cut* is the only fitness book you'll ever need. With its science-based approach and practical advice, this book will help you

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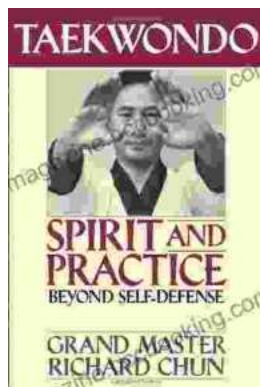
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