

Avatar:

I am an aging man that wishes to maintain strength and flexibility for good health, with no interest in competitions.

I recommend this book to everyone that wants to strengthen their body, no matter their age because you'll find exercises to every level.

I'm Noah, 42 years old.

Current State:

I'm overweight, I'm feeling inadequate in my own skin.

Imagine a body that appears thin and slender at first glance, but upon closer inspection, you can see that the body has a higher body fat percentage than expected. I have a small waistline and slim limbs, but my torso may appear soft and undefined.

The skin on my arms and legs appears tight and toned, but my midsection has excess fat and lacks muscle tone. The belly protrudes slightly, giving the appearance of a slight paunch or beer belly.

I don't like my body. I feel like an average guy who is not happy with his own body.

I'm not feeling powerful, I'm not powerful.

I'm weak.

When I'm going to a beach shirtless, no one cares about me and no one looks at me.

I believe that because of my look, many people have less respect for me, which is very important as a man.

Dream State:

I want to be perceived as a powerful, strong guy.

I want to be respected by EVERYONE.

I want to go shirtless through the beach and make other men jealous of my body.

I want to look good, lose fat, and gain muscle.

Imagine a body that exudes strength and vitality, with well-defined muscles and a low body fat percentage. The shoulders are broad, and the chest is wide, with a clear separation between the pectoral muscles.

The arms are muscular, with veins visible beneath the skin, and the biceps and triceps bulge with each movement. The waist is narrow, with a visible six-pack of abdominal muscles. The thighs and calves are thick and muscular, with a visible separation between the quadriceps and hamstrings.

The skin on the body is tight and toned, with a healthy glow that suggests good nutrition and regular exercise. Every movement is smooth and effortless, with a grace and agility that speaks to years of physical training.

Roadblock:

I don't want to exercise too hard and spend time at gym:

Pack your gym bag with workout clothes, shoes, and a water bottle.

Travel to the gym.

Check-in at the front desk and scan your membership card or pay for a day pass.

Find an available locker to store your belongings.

Warm up your body by stretching or doing a quick cardio exercise.

Begin your workout, focusing on specific muscle groups or exercises.

Take breaks as needed and stay hydrated by drinking water.

Cool down and stretch your muscles to prevent injury and aid in recovery.

I don't want to have a diet that is untasty:

I don't want to spend hundreds of dollars on coaches.

I THINK that if I don't have genetics, then I'm not able to build a good body.

I've tried the New Year's Resolution of Going to the gym and losing weight, but I gave up after just 2 weeks.

Product:

The product shows them easy-to-do workouts to lose weight and gain muscle with dumbbells only.

Noah can exercise from home, he doesn't have to spend time traveling to the gym and then exercising there for 2 hours. He can do it in much less (I don't have data about training length).

Noah doesn't have to go on a gym and weight heavy stuff, he can just exercise with dumbbells.

30 day 100% money-back guarantee if Noah won't like the results.

\$20 and he has access forever, not like gym coaches who take from him \$300 to \$800 A MONTH.

FB POST

FBW easy workout routine that will get you in shape in less than 4 weeks!

Yes, it's possible to have broad shoulders, and a wide chest, with a clear separation between the pectoral muscles in less than 30 days.

If you went at least once in your life to the gym, then you know how much time it takes to travel there and back and do the training.

At least 2 hours!

And with the FBW workout, you'll work on **small weights for less than an hour** a day.

But what's actually the FBW?

It's definitely not cardio training, which would make you feel tired and heavy.

And it's not static training, which is hard to do. (Remember the plank exercise? Then you know what I mean)

To do the FBW you need **only 3 things**...

Water, mat, and the secret part of this training.

Do you think that it's a scam and I'm telling you BS?

Your muscle gain and fat burn are Guaranteed, or you get your money back in 30 days.

So don't wait any longer and get yourself a body that **every man will be jealous** of, link below.