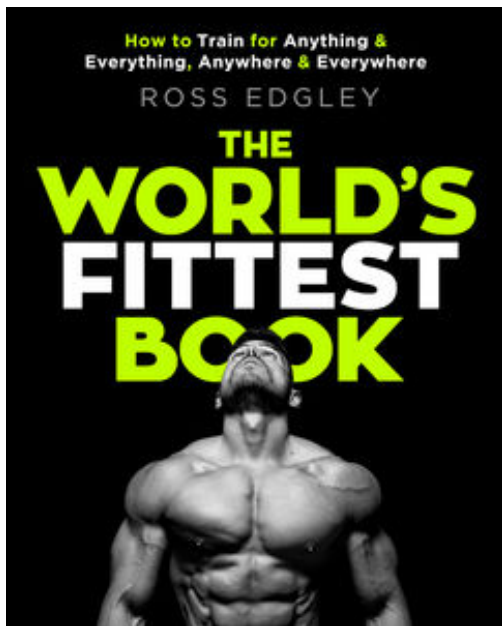


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How to train for anything and everything, anywhere and everywhere

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.

Packed with workouts the author tried and tested in the pursuit of multiple world records, it's more than a book, it's the greatest training tool ever written! Designed for anyone who wants to make permanent and lasting changes to their food and fitness, it's the first book to combine the teachings, tips and tricks of Olympic and World Champions into one, easy to follow resource.

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Add 27% more muscle mass, courtesy of tips from world heavyweight champions

Increase speed by 10%, thanks to gold medal winning Olympic sprinters

Squat, deadlift and bench weights you never dreamed of lifting, with the guidance of the world's strongest men

Improve endurance capacity by 60%, thanks to the knowledge of world champions in multi endurance-based sports

...all of which the author has achieved during the 10-year 'Fitness Pilgrimage' that has taken him around the globe.

Aiming to be the most eclectic and comprehensive fitness guide ever created, *The World's Fittest 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, readers will understand 'fitness' better than the vast majority of the population. Every chapter will have an easy to digest workout within it and can be read individually. But if you want to read the stories and the science behind the routines, that's there too.

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