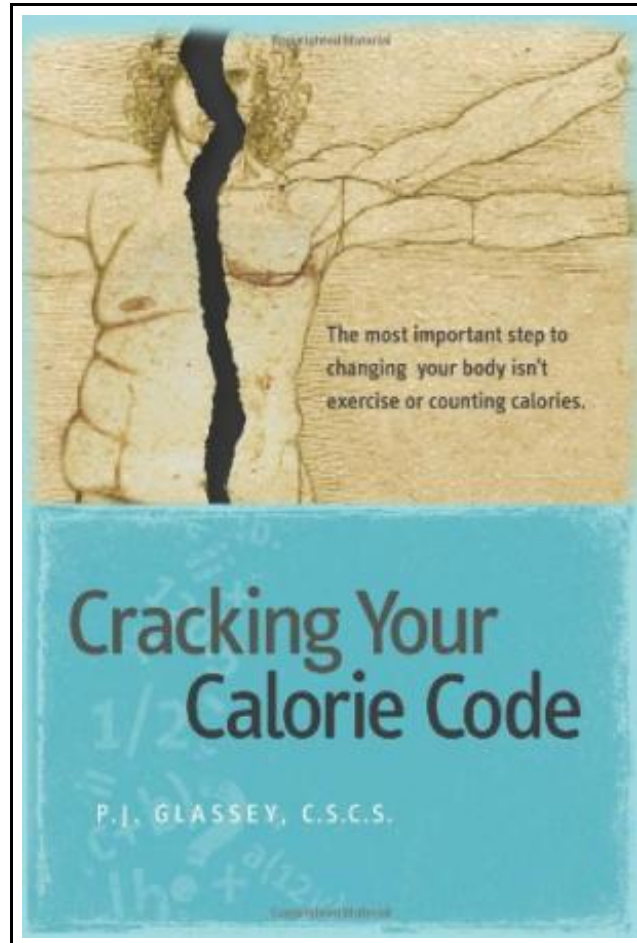


## Cracking Your Calorie Code



Filesize: 6.01 MB

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***(Keegan Abernathy)***

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OUT The author PJ has been a personal trainer and nutrition counselor since 1987. All of his strength training methods, nutrition information, and cardio protocols are derived from the latest scientific research and inspired by thousands of questions he has received from his clients and weekly radio talk show listeners. PJ's clients were his first guinea pigs in his own exercise method development. The methods proved so effective that PJ opened his first personal training studio in 1998 called the X Gym. since its inception, the X Gym has continued to expand exponentially, fueled by the efficient workouts, and spread almost exclusively by word-of-mouth testimony from satisfied clients. The X Gyms have been featured on local and national media over the years because of their innovative concepts and short...



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