



# Body by You: The You Are Your Own Gym Guide to Total Women's Fitness

*Mark Lauren, Joshua Clark*

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**BURN FAT, NOT TIME**

**The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women—from the ultra-fit Special Operations trainer and author of *You Are Your Own Gym***

Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best—and only—equipment you need to get in shape is free and always accessible: *your own body*.

This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a week—and with no machinery or weights—you can achieve the toned arms, flatter abs, tighter buns, and killer legs you've always wanted. You won't build bulk, you'll build *strength*, and turn your body into a fat-burning machine.

Featuring 120 different exercises in five movement categories—Pulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bending—and with three ascending levels of difficulty, *Body by You* ensures that you'll never get bored by the same static workout. And with such a small time commitment—less than one percent of your time every week!—it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, *Body by You* will help you meet your individual fitness goals. Ultimately, it's not about moving through the gym with ease, it's about moving through your *life* with ease—leaner, stronger, more confident, and with more energy.

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