



The 21-Day Shred: The Simple, Scientific Program to Get Lean Now!

By Mike Simone, the Editors of Men's Fitness

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Strip fat from your body and sculpt the perfect physical form—in just three weeks!—with this e-short from the editors of *Men's Fitness*.

In *The 21-Day Shred*, Mike Simone and the experts at *Men's Fitness* call on decades of fitness, nutrition, and wellness research to create an intense, easy-to-follow program that will have your body burning fat and building muscle all day and all night. Discover how you can:

- **Max out your muscle-building hormones!** Discover the magic 30-minute window in your day when your hormones are perfectly primed for muscle growth—and how to trigger the muscle-up mechanism with the right nutrition. Make body sculpting automatic!
- **Burn *only* fat calories with our 7-Minute Morning Grinder workouts.** These specially calibrated regimens take no time, but start your metabolism hunting down fat and torching it without mercy!
- **Plan your ideal body with this simple calculation!** You'll learn how easy it is to target your ideal fat loss and muscle gain, and calculate the precise meal plan for *your* ideal body!
- **Eat 6 times a day—and still lose weight!** This hardcore shred program is going to make you hungry; we'll show you how to constantly feed your muscles so they grow and grow!
- **Boost your sexual performance, energy levels, and even mood!** Our balanced training, nutrition and lifestyle plan will cut stress and unleash testosterone, HGH, IGF-1, and other growth-factor hormones to boost mood, muscle, and sex drive!
- **Make every workout easier and more effective!** In one study, just 30 days of using this secret nutritional supplement made a college football team measurably stronger—and boosted their endurance.

• **Strip away fat and build muscle—at the same time!** This special sprint-interval workout smokes calories while replacing flab with lean, powerful muscle tissue.

With *The 21-Day Shred*, you'll be ready to strip away fat, build lean, hard muscle, and unveil a perfect, chiseled, shredded physique in just weeks.

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Mike Hendrix:

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Nathan Marker:

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Billy Anderson:

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Samuel Freeman:

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