



SK's Fitness Plan for the Common Man

#WhatWinnersDo

Steven SK Kennedy

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BOY, OH BOY, losing weight is hard! Especially if you're a regular everyday guy or gal busy with the normal day to day task of life. I mean between work/school, your family, and everything else, you really don't have the time to thoroughly educate yourself on the best ways to get into better shape. And even with the little you know, it's hard to stay motivated long enough to get any real results. Well have no fear, SK wrote his book specifically to help you.

SK's Fitness Plan for the Common Man #WhatWinnersDo is a simple book dedicated to helping regular people kick start their work outs. With great fitness tips with simple explanations along with great inspirational quotes, this book is perfect for anyone looking for guidance to healthier lifestyle.

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