



E-Book Descriptions and Costs

FAT LOSS E-BOOKS			
Title	Cost*	What You Get	Who's It For?
<u>The Fat Loss Troubleshoot</u> By Leigh Peele	\$77	<ul style="list-style-type: none"> • The Fat Loss Troubleshoot • The Metabolic Repair Manual • OPT For Fat Loss • OPT For Fat Loss: Remix • The Water Manual • The Maintenance Manual • Meal Plan Guide 	Mom BodyBuilder Athlete Teenager Weekend Warrior
<u>Warp Speed Fat Loss</u> By Alwyn Cosgrove And Mike Roussell	\$97	<ul style="list-style-type: none"> • Warp Speed Fat Loss Manual • 24 Warp Speed Fat Loss Workouts • Warp Speed Fat Loss Workout Sheets • 28 days of delicious Warp Speed Fat Loss Meal Plans • Warp Speed Fat Loss Exercise Library • Fat Loss Mastermind Audio • Targeted Fat Loss and Interval Fat Loss Audio Coaching - • Warp Speed Diet Primer Video • Straight Talk About Calories Video 	Experienced Exercisers who Have less than 20lbs to Lose Bodybuilders Athletes
<u>Turbulence Training</u> By Craig Ballantyne	\$39.95	<ul style="list-style-type: none"> • Turbulence Training Manual • Nutrition Guide • Dumbbell-Bodyweight Workout • 20 Minute Workouts for Busy Dads • Body Transformation Guide • Lean Mass Guide 	Mom Dad BodyBuilder Athlete Teenager Weekend Warrior
<u>Dramatic Dress Size Reduction</u> By Jayson Hunter	\$47	<ul style="list-style-type: none"> • Dramatic Dress Size Reduction EBook • How To Fix Trouble Spots • How To Get Great Glutes • Never Ending Motivation • Stretching Guide • Easy To Find Salad Recipes • 	Busy Moms Home Exercisers Brides
<u>Lose My Gut Diet</u> By Jayson Hunter	\$47	<ul style="list-style-type: none"> • Lose My Gut Diet Ebook • Training Program For Ripped Abs • Never Ending Motivation • How To Create An Exercise Habit • Swing Your Way To A Six Pack • Build Muscle Fast Manual 	Busy Men Home Exercisers Grooms
<u>Fat Loss Revealed</u> By Will Brink	\$39.95	<ul style="list-style-type: none"> • The Fat Loss Revealed E-Book • 12 Months Coaching & Access to The Members Area. • Elissa Lowe, M.S."What Have You Got To Lose" • Craig Ballantyne CSCS, M.Sc "Turbulence Training For Abs" • Vince Delmonte H.B.K. CPT "Healthy Meals On The Go" • Tom Venuto BSc, NSCA-CPT "Controversial Fat Loss Techniques" 	Experienced Exercisers Bodybuilders Gym Goers

MUSCLE BUILDING E-BOOKS			
Title	Cost*	What You Get	Who's It For?
<u>Body Building Revealed</u> By Will Brink	\$47	<ul style="list-style-type: none"> • The 630 page BodyBuilding Revealed E-book • 12 Months Coaching & Access to The Members Area. • Mass Gaining Training Programs by Charles Poliquin • How To Build Muscle At Home by Craig Ballantyne 	Experienced Exercisers BodyBuilders Gym Goers
<u>Burn The Fat Feed The Muscle</u> By Tom Venuto	\$39.95	<ul style="list-style-type: none"> • The 340 page Burn The Fat e-book, lifetime updates to the ebook • The How To Measure Your Body Fat • Foods That Burn Fat • Foods That Turn to Fat • The A Food B Food Lecture. 	Experienced Exercisers Bodybuilders Gym Goers
<u>Fit Over 40</u> By Jon Benson	\$39	<ul style="list-style-type: none"> • Fit Over 40 E-book • Why Grow Old • Menopause,Hormones, Fitness • The Best Natural Ways To Increase Testosterone • Bill Pearl's Secret To Fitness At Any Age • The Slow Poisoning Of Mankind 	Guys and Gals over 40 Home Exercisers Busy Moms and Dads

**Many e-books vary their pricing depending on time of the year, these prices may be higher or lower than what is on the ebooks website when you order. Exercise2u does not have any control over ebook pricing.*