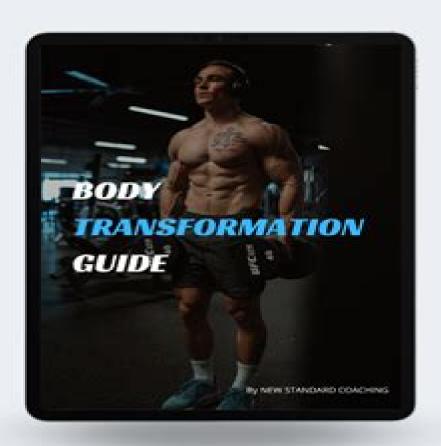
# BODY TRANSFORMATION GUIDE E-BOOK



#### LEARN HOW TO ....

- Understand macros & flexible dieting
- Find your maintenance calories
- Design your macro breakdown
- Implement cardio effectively
- Overcome weight plateaus
- Utilize intermittent fasting
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**Robert R. Redfield** 



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