

# **Body Trainer For Men**

**By Ray Klerck**

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Feb 26, 2014 I received a free copy of Body trainer for Men through a Goodreads

giveaway. If you are looking for a book to get into shape and are wondering how to do it

<http://www.goodreads.com/book/show/17862119-body-trainer-for-men>

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Ray Klerck, former fitness editor and now fitness and nutrition advisor for Men's Health UK and Australia, offers the workouts and programs for men striving

<http://www.humankinetics.com/products/all-products/Body-Trainer-for-Men-1366297>

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Body Trainer for Men (Ray Klerck) at Booksamillion.com. Working out but not getting results? If you're seeking improved fitness and muscle tone or a slimmer, more

<http://www.booksamillion.com/p/Body-Trainer-Men/Ray-Klerck/9781450419703>

### **Amazon.com: Body Trainer for Men eBook: Ray -**

Body Trainer for Men provides the proven programs for men striving to develop the ultimate physique. Simon Butler-White-- Editor, Men's Fitness Australia In

<http://www.amazon.com/Body-Trainer-Men-Ray-Klerck-ebook/dp/B00F0X7T5Q>

### **Men's Health | Keeping Fit - Canoe -**

(Note: The following is an excerpt from the new Body Trainer For Men [Human Kinetics, 2014], written by Ray Klerck.)

<http://blogs.canoe.com/keepingfit/tag/mens-health/>

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## **Body Trainer for Men: Chapter 1. Getting Started -**

Body Trainer for Men: Chapter 1. Getting Started eBook chapter By Ray Klerck. You can read Human Body Trainer for Men: \$24.95:

<http://www.humankinetics.com/products/all-products/Body-Trainer-for-Men-Chapter-1-Getting-Started-eBook-chapter>

## **11 Tips for Motivating a Guy to Exercise - -**

and personal trainer Ray Klerck, also a former Men's Health In Body Trainer for Men, Ray Klerck exploits the link between nutrition and performance

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