

**BODYDOCTOR; THE FITNESS AND NUTRITION  
PROGRAMME**

Lynne Oien

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With over 25 years experience, Bodydoctor has established itself as one of provide the finest and most effective Fitness & Nutrition programme ever devised.

In 6 weeks take 5 inches off your waist, lose a stone, double your fitness. Trust me, I'm The Bodydoctor., ISBN

Marshall's motto is, "Trust me, I'm the Bodydoctor." He runs a gym and personal training empire called Bodydoctor, but it's the "trust me" that I.

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I love leaving the gym, full of the vigour of the self-righteous hardbody it is not really hard, but it's harder than it was; I have enough self-awareness left not to bore you with measurements. When I first read this book I was full of enthusiasm and even bought a bench similar to the one recommended. While we endeavour to ensure that the information is correct, we do not warrant the accuracy and completeness of the material on this page.

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