



Mr. America's Shape-Up Series: The entire 5-part series here in one collection!

John Heart

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The entire collection of the 5-part series created by Mr. America John Heart. Within the series, John uses himself as the example by going through the training programs and eating plans that he uses as a top trainer to take his clients to their BEST possible shape. The programs and thought processes behind them are the same ones that he used to capture the Mr. America title! The information contained in the "Mr. America's Shape-Up Series" includes John's personal progress pictures, notes on training and diet, and is transferable to the discerning reader who desires to hit their all-time BEST condition!

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