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Easy cardio workouts that will burn

TONS of calories, The EXACT meals I eat

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(requires very little prep time and taste incredible),

The Science of Getting Ripped

The science of getting ripped Basically every time you work out then you are causing the muscles to stretch and tear a little. If you think of an elastic band, how tiny tears in the fibers start to occur

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as the band stretches. This is the same thing that is happening to your muscles when you work out.

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The equation of 80 percent diet and 20 percent exercise works whether someone's looking to get ripped, lose weight or just be healthy. Bodies are machines, so feed it accordingly. This means lean proteins, plenty of veggies and fruits, nuts and cutting out excess sugars and all chemicals.

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Jari Love is a true performer and has based her career on helping others achieve their goals. She is the developer of the world renowned and science based Get RIPPED!® fitness system, which has helped thousands of people get into amazing shape.

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