

51 Days: No Excuses By Rich Gaspari

By Rich Gaspari

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In 51 Days No Excuses, Rich Gaspari invites you on a 51 day challenge to transform your body and mind with a no excuses approach at a lifestyle change.

You can achieve your ultimate body. This book is the story of my 51-day journey. But it s not just about me. It s about you.

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In 51 Days No Excuses, Rich Gaspari invites you on a 51 day challenge to transform your body and mind with Rich's 51 day program will get you on the right track

In 51 Days No Excuses, Rich Gaspari invites you on a 51 day challenge to transform your body and mind with a no excuses approach at a lifestyle change.

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Being a part of Rich Gaspari s Launch team for his book 51 Days No Excuses workout routine
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