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“Get your best body ever.” Raise your hand if you've heard that line before. This is what we're promised if we just stick to training.

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Squat down and grasp a barbell with your hands roughly shoulder-

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width apart. Keep your chest up, pull your shoulders back and look straight ahead as you lift the bar. Focus on taking the weight...

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The Bodybuilding.com Guide to Your Best Body presents a plan that promotes health from the inside out, starting first with the mental blocks that are holding you back, progressing to the muscles

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on your body, and finally to the food on your plate. Rather than subtracting things from your life (cutting calories, losing weight, banishing your belly), here's how to add more of the RIGHT things: more muscle, more support, and more success.

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2. Reduce my body fat by 3% 3. Eat right so I get the best results
These are your long-term goals and should be something that you know you can reach over a period of time. Do not make goals that are unreachable because you will feel overwhelmed and give up if you think that they are not attainable. Short-term goals:

~~The Personal Training System~~

Bill Bryson sets off to explore the human body, how it functions

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and its remarkable ability to heal itself. Full of extraordinary facts and astonishing stories *The Body: A Guide for Occupants* is a brilliant, often very funny attempt to understand the miracle of our physical and neurological make up.

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This homemade body scrub is really easy to make. In a small bowl, mix 1 teaspoon of baking soda, 1 teaspoon of ground oatmeal, and 1 tablespoon of water. Stir well until you get a thick paste. Apply the mixture to the skin, and let it sit for 5 minutes. Then rinse with hot water.

~~10 Useful Body Care Tips and Tricks You Probably Didn't ...~~

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Body Book Launch on May 9, 2013 at FilmiBeat Photos.

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bodyboard is held out in front of you it should reach from your knees to your chin.

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