

# POWERSCULPT

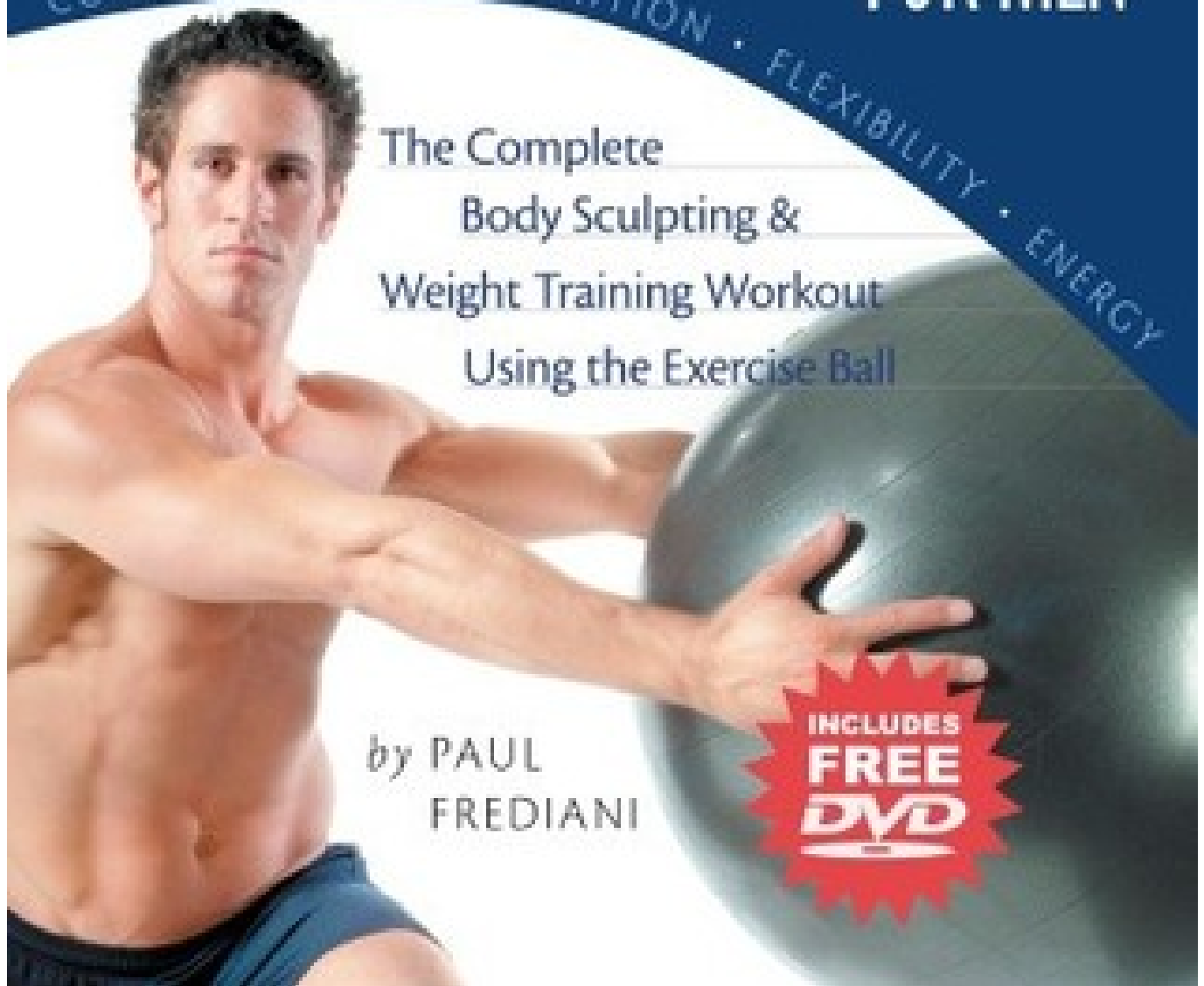
FOR MEN

CORE STRENGTH • DEFINITION • FLEXIBILITY • ENERGY

The Complete  
Body Sculpting &  
Weight Training Workout  
Using the Exercise Ball

by PAUL  
FREDIANI

INCLUDES  
**FREE**  
**DVD**



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# **Powersculpt For Men: The Complete Body Sculpting & Weight Training Workout Using the Exercise Ball**

Paul Frediani

subscribe to the PowerSculpt revolution! construct muscle, power and stamina. The progressive health ball program: designed now only for men. It's a fact. The health ball is without doubt one of the most excellent methods for males to construct muscle and lose physique fat. Elite own trainer, Paul Frediani, has constructed a muscle and power development own health application that offers a full-body exercise routine and promises effects fast. PowerSculpt combines the Powersculpt For Men: The Complete Body Sculpting & Weight Training Workout Using the Exercise Ball easiest components of power training, physique sculpting, flexibility and middle conditioning in a software you are able to do at domestic or the gym. With PowerSculpt for males you will: \* construct muscle and burn physique fat. \* achieve middle energy and stability. \* raise flexibility and energy. \* Flatten your abs and tone your entire body. \* appear and feel nice - in checklist time! able to get within the most sensible form of your life? Then get at the ball with PowerSculpt for Men. Bonus DVD positive aspects follow-along workouts for domestic and fitness center workouts.

## **Powersculpt For Men The Complete Body Sculpting Weight Training Workout Using The Exercise Ball**

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