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The PMA Method is about working hard to develop the positive mental attitude (PMA) that you need to achieve the body that you want. This book teaches you to understand how the smallest of steps can lead to huge changes and propel you on the journey to becoming a better version of yourself.

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The most potent human beings to ever walk the Earth were lean, fit, happy and lazy. They never forced themselves to endure fearsome workouts or tasteless, low-fat food. Today, regardless of age, weight or gender, anyone can also become Leaner, Stronger, Happier, Fitter by simply eating like a king, playing like a child and living life to the full.

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Leaner - Leaner

The method below was created by one of the most spectacular deadlifters of all time, a man who deadlifted 730 pounds (330kg) with one hand and 840 pounds (380kg) with the traditional mixed grip. And those lifts were achieved in the 1920s, decades before steroids were invented, 15 years before testosterone was first synthesized, and without any ...

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PMA Fitness. 3,105 likes · 4 talking about this. Celebrity fitness coach Faisal Abdalla offers you fitness and nutritional advice along with news about upcoming training events.

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So effective is The Sculpt Method formula, that many students lose inches around their waist, thighs and bottoms after only 8-10 sessions. “After just 10 classes, Ive lost 1.5 inches around my thighs” Roxanne Jane “My arms feel leaner and stronger. Bye bye bingo wings!” Sonia Kearns “No other class concentrates on the waist area.

The Sculpt Method - taller, leaner, stronger

The most potent human beings to ever walk the Earth were lean, fit, happy and lazy. They never forced themselves to endure fearsome workouts or tasteless, low-fat food. Today, regardless of age, weight or gender, anyone can also become Leaner, Stronger, Happier, Fitter by simply eating like a king, playing like a child and living life to the full.

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