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Ant Middleton's Full-

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(MENS FITNESS

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*Home – Men's Fitness
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The 12 Week Body Plan is the complete guide to building the body you have always wanted. It details everything that world-leading trainer Nick Mitchell did with Men's Fitness deputy editor Joe Warner to add 10kg of muscle and lose 8kg of body fat in just 12 weeks, to turn an ordinary Joe into the cover star of the Men's

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*Men's Fitness 12 Week
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Races generally take place in May through to October, with competitions including the British Championship, World Championships, British Grand Prix and even a 12 Hour Endurance

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12 Race – twice won by
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superstars, life-saving
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plan, boosting
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12 Week Body Plan (Mens Health)

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12 Week Body ...*

This activity plan for beginners, combining running and strength and flexibility workouts, will get you into the habit of regular exercise in 12 weeks. The plan is structured but flexible

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12 enough to allow you to fit the exercise sessions around your other weekly commitments. Before starting each week, plot in your calendar what days and times you'll be exercising.

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Women Men 4.6 out of

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