



# The Program: Personal Evolution

*Andrew Winge*

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## **The Program: Personal Evolution** Andrew Winge

The Program: Personal Evolution is the definitive, evidence-based guide to developing the lean, muscular physique you have always wanted.

Stop wasting your precious time! One of the biggest fallacies in the world of exercise is that you have to spend hours a day in the gym, day after day, in order to build muscle and burn body fat. As a result, many people give up before they reach their fitness goals.

What they don't know is that by making some simple changes in the WAY they work out they can boost their exercise productivity by over 500%.

The Personal Evolution Training Program will show you how to:

1. Maximize your muscle growth with workouts lasting as short as 20 minutes
2. Boost the intensity of your workouts to double your results.
3. Blast through any training plateaus.
4. Give yourself the mental and physical edge you need.
5. Achieve single digit body fat percentages in record time.
6. Change your bodies metabolism from one that wants to store calories as fat to one that burns fat as fuel around the clock.
7. Boost your production of testosterone and growth hormone.
8. Control your blood sugar and lower insulin levels.
9. Learn how to keep junk food from sabotaging your diet while still indulging yourself.
10. Learn which supplements have real scientific merit and which are just a waste of money.
11. Improve your blood pressure, blood sugar, and cholesterol levels.
12. Lower your risk for heart disease, cancer, and diabetes.

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