



Body by You: The You Are Your Own Gym Guide to Total Women's Fitness

By Mark Lauren, Joshua Clark

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BURN FAT, NOT TIME

The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women—from the ultra-fit Special Operations trainer and author of *You Are Your Own Gym*

Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best—and only—equipment you need to get in shape is free and always accessible: *your own body*.

This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a week—and with no machinery or weights—you can achieve the toned arms, flatter abs, tighter buns, and killer legs you've always wanted. You won't build bulk, you'll build *strength*, and turn your body into a fat-burning machine.

Featuring 120 different exercises in five movement categories—Pulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bending—and with three ascending levels of difficulty, *Body by You* ensures that you'll never get bored by the same static workout. And with such a small time commitment—less than one percent of your time every week!—it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, *Body by You* will help you meet your individual fitness goals. Ultimately, it's not about moving through the gym with ease, it's about moving through your *life* with ease—leaner, stronger, more confident, and with more energy.

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Editorial Review

About the Author

Mark Lauren is a military physical training specialist for the Special Operations community, a sought-after personal trainer to civilian men and women of all fitness levels, a triathlete, a champion Thai boxer, and the author of the internationally popular body-weight bible *You Are Your Own Gym*. He lives in Tampa, Florida.

Joshua Clark is the author of *Heart Like Water: Surviving Katrina and Life in Its Disaster Zone*, a finalist for the National Book Critics Circle Award. The founder of Light of New Orleans Publishing, he has edited such books as *French Quarter Fiction*; *Southern Fried Divorce*, *Louisiana: In Words*; and *How You Can Kill Al Qaeda (in 3 Easy Steps)*. He is also a certified personal trainer, who has not set foot in a gym since Hurricane Katrina closed his fitness center.

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