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# Stay On Target: Build Muscle, Lose Fat, And Get The Motivation To Succeed Using A Military-Proven Nutrition And Exercise Plan Anyone Can Do



## Synopsis

• Stay on Target is a paradigm-shifting guidebook that will change the way you approach fitness and nutrition

• Get the Focused Mindset That Guarantees Success Achieving the Best Fitness of Your Life

You've tried lots of exercise programs and diets. But you couldn't stick with any of them. F-16 fighter pilot and fitness enthusiast, Chris Lehto, explains why. And more importantly, he gives you the exact system you need to ensure that you now succeed. Drawing on military training, Lehto tells you how to apply the same principles fighter pilots use to ensure success when failure is not an option to reach your fitness goals. Using this advice, readers report:

I am seeing my abs, which I never have [before]

I was looking for a guide to be motivated and this definitely did the trick. Easy to read and understand and implement [in] my busy life.

I'm stronger and healthier. I now have a plan [...] I can stick with.

My husband's back pain has completely gone away after following the exercise plan and that is proof enough for him to be a convert.

This book has reinvigorated my motivation

Really quite effective. I'm pleased with the results.

Average people get real, sustainable, life-changing results using the system outlined in Stay on Target and you can too. Let it change your life for the better.

Simple, Practical Guidance You Can Use to Get in Shape and Feel Great

Whether you are a beginner or an experienced athlete, Stay on Target arms you with the knowledge and the motivation to achieve the greatest conditioning of your life. Want to build muscle naturally? Lose weight? Build strength? Increase your endurance? Look better? Feel better? Have more energy for the things and people that matter in your life? If so, ignore dangerous fads and hyped up (and expensive) exercise programs and diets. Instead, use tried and true, science-backed advice to create a sustainable lifestyle makeover that will give you the results and the body you want for a lifetime of feeling and looking good. In this book you will learn:

Why counting calories won't work and a ridiculously easy alternative that will help you get lean and strong

The surprising reason why shorter, fun workouts will get you in better shape than hours running ever will

The strange scientific fact that your brain lies to you and a powerful tactic to use so you can overcome that and gain greater success than you've ever imagined

You'll learn how to get the success mindset for exercise motivation, the combat-tested tactics to give you more powerful results from your fitness training, and science-based nutrition guidance that anyone can follow (because it's enjoyable). Pick up your copy of Stay on Target today and learn why professionals are saying things like:

I am a medical professional and have read many books, research articles and theories on how to approach the human body and weight loss. Stay On Target is an intelligent and interesting book for anyone interested in learning to see food, exercise and their body in a new way.

As a triathlete, I've read a few fitness and nutrition books in my time and

this one really hits the MARK!! •Join the thousands who have already changed their lives for the better with this powerful guide. Pick up your copy of Stay on Target today. Scroll up and click the button now to get your copy.

## **Book Information**

File Size: 2043 KB

Print Length: 144 pages

Simultaneous Device Usage: Unlimited

Publisher: Archangel Ink (June 24, 2015)

Publication Date: June 24, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B010COC60K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #58,969 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Healthy #11 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #51 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training

## **Customer Reviews**

How many times have you said, "This is the year I get in shape!" Then you start an exercise program, only to give up a few weeks later when life gets in the way. If you're like me, many times. It's human nature. You can only focus on so many things at once. When you work out for a few weeks and don't become a fitness model or look like the people in the commercial, it's easy to get frustrated and let that goal go by the way side. This book, gives you a very simple plan to follow, so that you don't have to be a fat piece of s#!% for the rest of your life and die a miserable debilitated death. At any age, in any shape, Lehto's wisdom can help you. There are hundreds of fitness plans and diets out there; each promising some "magic bullet." It makes it seem like losing weight is a super complicated process. But it is not. The main problem with most plans is YOU failing to stick with them. It's YOU failing to have an kind of metrics to measure whether or not you are succeeding!

It's YOU believing the hype and thinking Shaun T is going to take you from an obese mouth-breather to a cover model in 90 days. Lehto shows you the fallacy in this thinking and gives you the tools you need to get to where you want in very easy to follow language. He gives you very easy but practical knowledge on maintaining a diet, the exercises you need to be doing and what you need to do, to stay focused and get to where you want to be. One day at a time. I loved this book. I have been employing his methods for five months now and am seeing some great results. Very slowly, and it's taking more time than I would have thought, I am seeing my abs, which I never have. The advice Lehto gives on achieving your fitness goals can easily be applied anything you want to accomplish. Find your target.

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Stay on Target: Build Muscle, Lose Fat, and Get the Motivation to Succeed Using a Military-Proven Nutrition and Exercise Plan Anyone Can Do The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) The Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to Military and Veteran Benefits) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized

(Bpg-Other) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Intermittent Fasting: 6 effective methods to lose weight, build muscle, increase your metabolism, get ketogenic, and get healthy Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport)

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