

Welcome to **Fitler**

The app which chooses a fitness program suited to you

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Disclaimer

Perform the exercises described in this application at your own risk. This book is in no way an exercise prescription. Always see your doctor or health practitioner before making any changes to your diet or exercise program. The Fitler App, or any products recommended by The Fitler App is not a substitute for professional medical advice. The Author will not be liable or held responsible for loss, injury or damage to any person as a result of any information or suggestion in this application or any products recommended by this application. Stop any exercise immediately if you feel any dizziness, pain or light-headedness.

Please Continue

What is your main goal?

1. [Fat loss](#)
2. [Muscle building](#)

[Goal](#) → Fat loss

What is your body type?

1. [Ectomorph \(skinny\)](#)
2. [Mesomorph \(well built\)](#)
3. [Endomorph \(fat\)](#)

More information on body types

What is your body type?

1. [Ectomorph \(skinny\)](#)
2. [Mesomorph \(well built\)](#)
3. [Endomorph \(fat\)](#)

More information on body types

Goal → Strength gain

What is your body type?

1. Ectomorph (skinny)
2. Mesomorph (well built)
3. Endomorph (fat)

Goal → Fat loss → Ectomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Fat loss → Mesomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Fat loss → Endomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Muscle building → Ectomorph

In which age category are you?

1. [10-20](#)
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Goal → Muscle building → Mesomorph

In which age category are you?

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Goal → Muscle building → Endomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
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Goal → Strength gain → Ectomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Strength gain → Mesomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Strength gain → Endomorph

In which age category are you?

1. [10-20](#)
2. [20-35](#)
3. [35-50](#)
4. [50+](#)

Goal → Fat loss → Ectomorph → 10-20

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Ectomorph → 20-35

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Ectomorph → 35-50

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Ectomorph → 50+

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Mesomorph → 10-20

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Mesomorph → 20-35

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Mesomorph → 35-50

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
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5. [Any price](#)

Goal → Fat loss → Mesomorph → 50+

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Goal → Fat loss → Endomorph → 10-20

How much are you willing to pay?

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4. [Under \\$60](#)
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Goal → Fat loss → Endomorph → 20-35

How much are you willing to pay?

1. [Nothing \(Free\)](#)
2. [Under \\$20](#)
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5. [Any price](#)

Goal → Fat loss → Endomorph → 35-50

How much are you willing to pay?

1. [Nothing \(Free\)](#)
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Goal → Fat loss → Endomorph → 50+

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4. [Under \\$60](#)
5. [Any price](#)

Goal → Muscle building → Ectomorph → 10-20

How much are you willing to pay?

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Goal → Muscle building → Ectomorph → 20-35

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4. [Under \\$60](#)
5. [Any price](#)

Goal → Muscle building → Ectomorph → 35-50

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Goal → Muscle building → Mesomorph → 10-20

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Goal → Muscle building → Mesomorph → 20-35

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Goal → Muscle building → Mesomorph → 35-50

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Goal → Muscle building → Endomorph → 10-20

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5. [Any price](#)

Goal → Strength gain → Ectomorph → 10-20

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Goal → Strength gain → Ectomorph → 20-35

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Goal → Strength gain → Mesomorph → 10-20

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Goal → Strength gain → Endomorph → 10-20

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Goal → Strength gain → Endomorph → 20-35

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Goal → Strength gain → Endomorph → 35-50

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Goal → Strength gain → Endomorph → 50+

How much are you willing to pay?

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3. [Under \\$40](#)
4. [Under \\$60](#)
5. [Any price](#)

Goal → Fat loss → Ectomorph → 10-20 → Free

The programs suited to you:



JULIEN GREAUX ///
365 CIRCUIT TRAINER
GET RIPPED /// STAY BIG /// YEAR ROUND
JULIEN GREAUX
MARTIAL ARTS EXPERT

The cover features a muscular man, Julien Greaux, in a black tank top. The background is dark blue with white and blue text. A logo with the number '88' is in the bottom left corner.



HARDCORE
12 WEEK DAILY VIDEO TRAINER
with *Kris Gethin*
OVER 50 MILLION VIEWS!
TRANSFORM WITH KRIS!
KRIS GETHIN IS YOUR FREE TRAINER AND PARTNER. BUILD MUSCLE, BURN FAT, AND GET RIPPED!

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LEE LABRADA'S ///
LEAN BODY
12-WEEK DAILY TRAINER
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YOUR TRAINER

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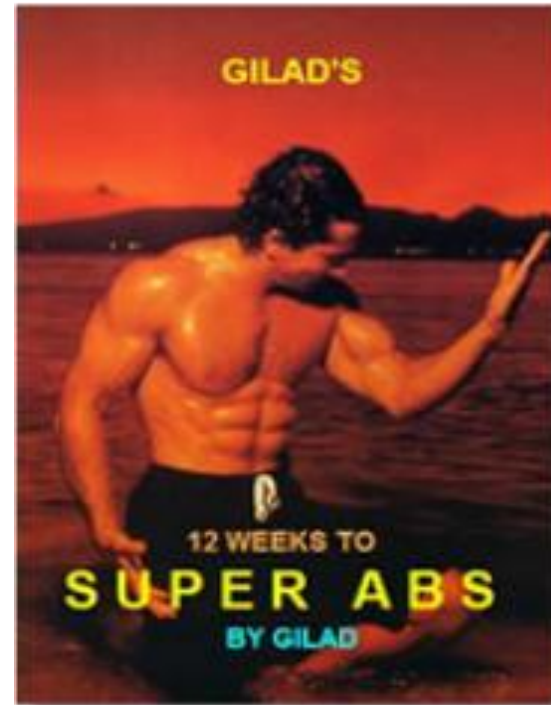


12-WEEK
CUTTING THE FAT PROGRAM
FITNESS EXPERT
KRIS GETHIN

The cover features a smiling man, Kris Gethin, in a grey tank top. The background is dark blue with white and light blue text.

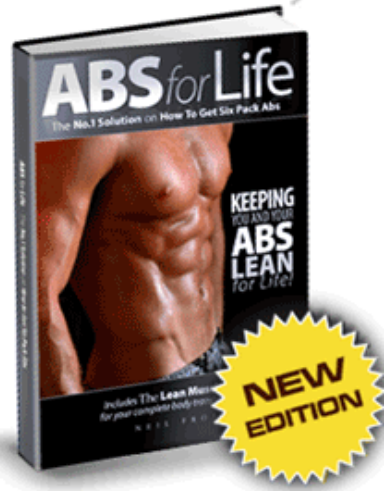
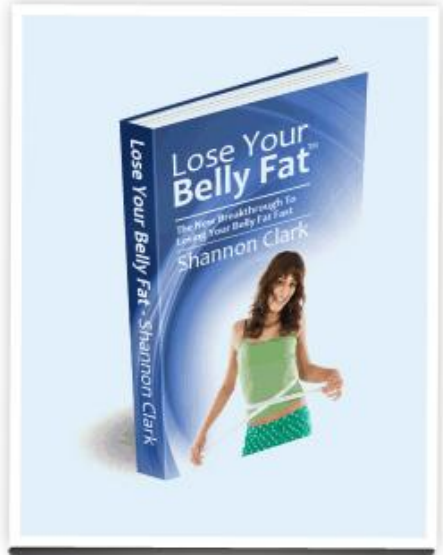
Goal → Fat loss → Ectomorph → 10-20 → Under \$20

The programs suited to you:



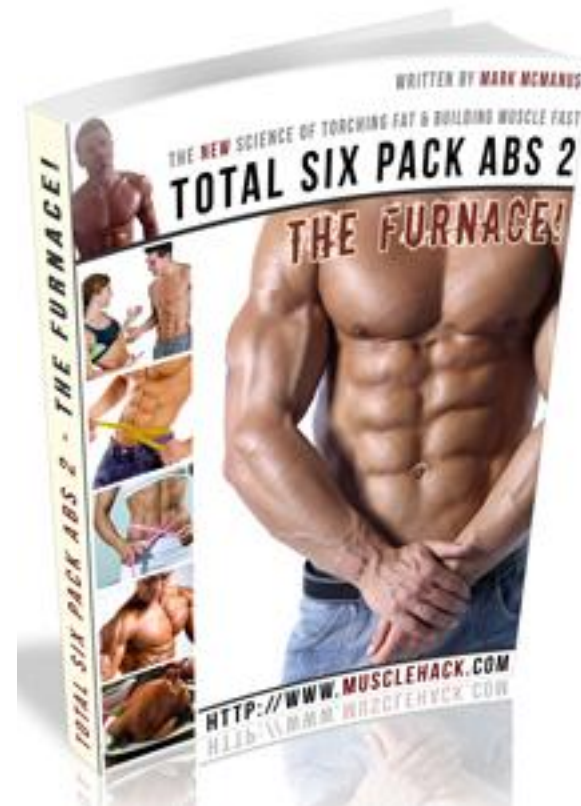
Goal → Fat loss → Ectomorph → 10-20 → Under \$40

The programs suited to you:



Goal → Fat loss → Ectomorph → 10-20 → Under \$60

The programs suited to you:



Goal → Fat loss → Ectomorph → 10-20 → Any price

The programs suited to you:



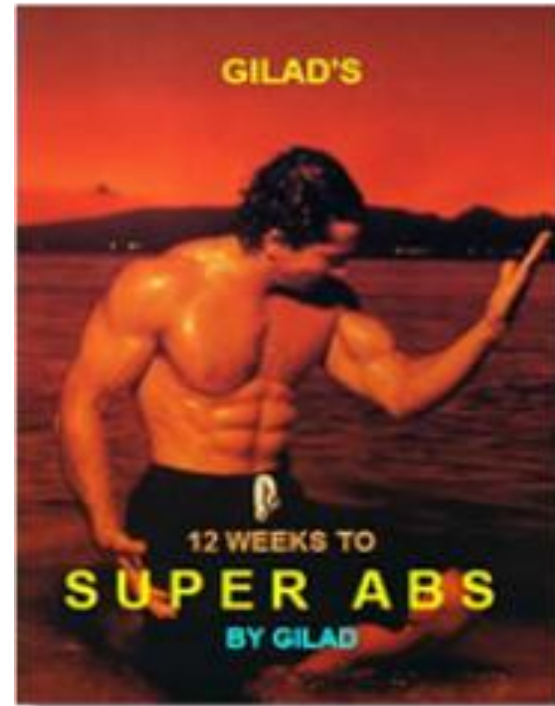
Goal → Fat loss → Ectomorph → 20-35 → Free

The programs suited to you:



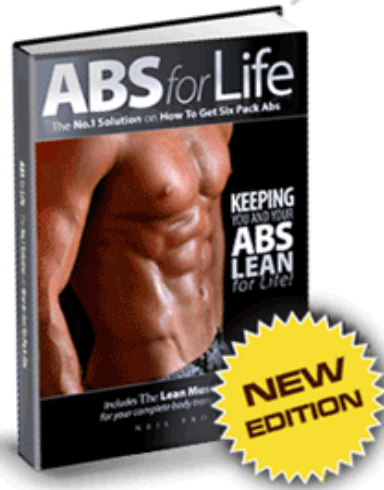
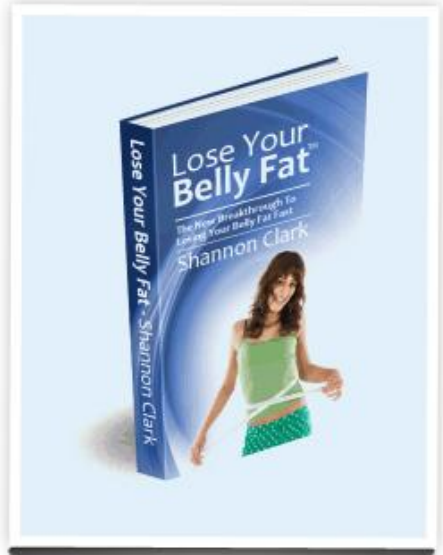
Goal → Fat loss → Ectomorph → 20-35 → Under \$20

The programs suited to you:



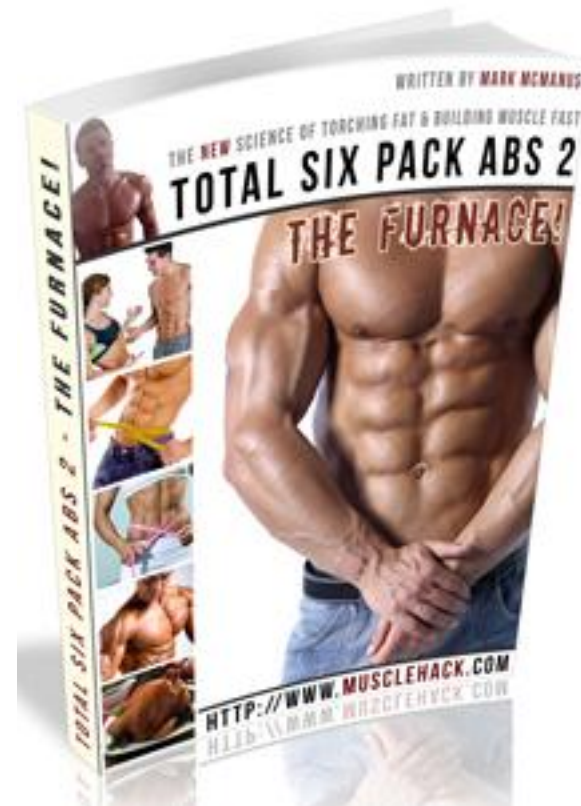
Goal → Fat loss → Ectomorph → 20-35 → Under \$40

The programs suited to you:



Goal → Fat loss → Ectomorph → 20-35 → Under \$60

The programs suited to you:



Goal → Fat loss → Ectomorph → 20-35 → Any price

The programs suited to you:



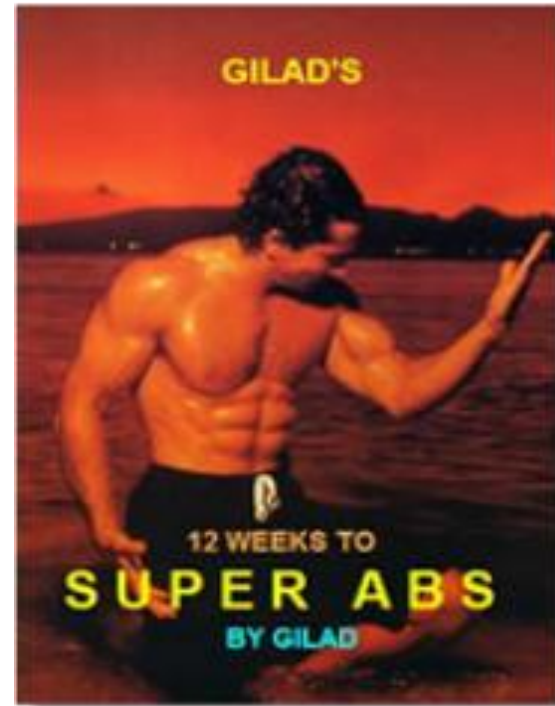
Goal → Fat loss → Ectomorph → 35-50 → Free

The programs suited to you:



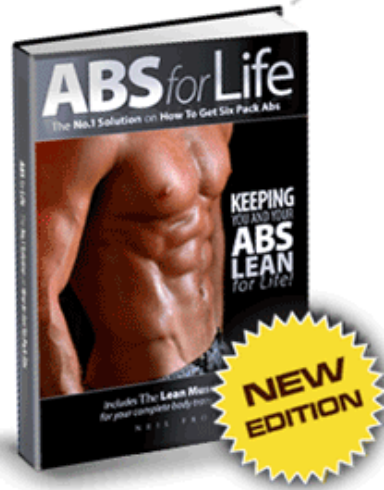
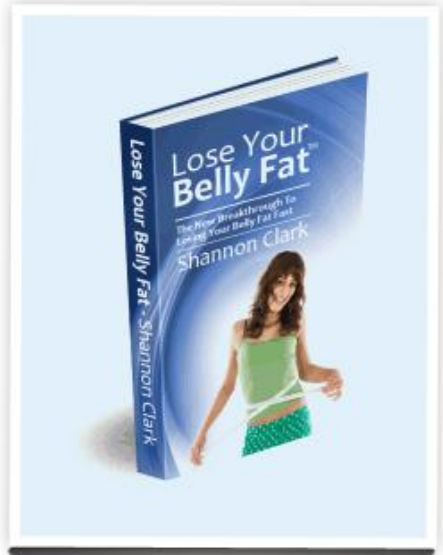
Goal → Fat loss → Ectomorph → 35-50 → Under \$20

The programs suited to you:



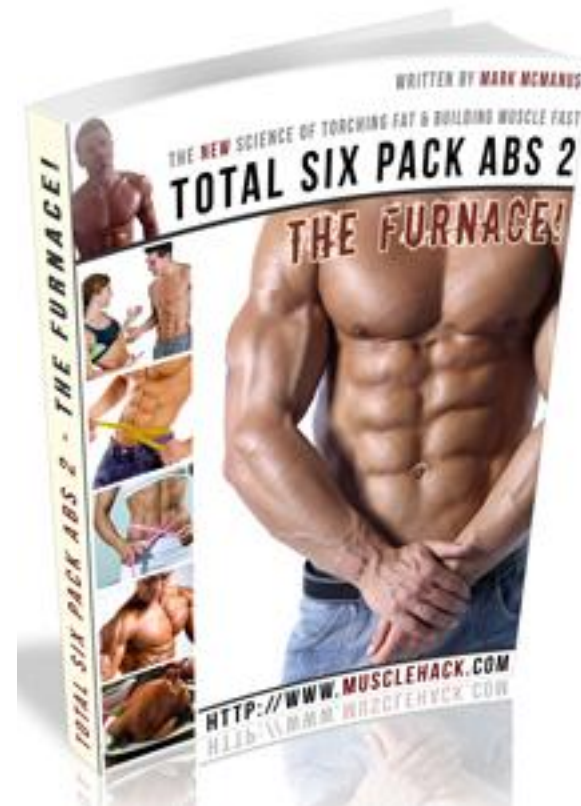
Goal → Fat loss → Ectomorph → 35-50 → Under \$40

The programs suited to you:



Goal → Fat loss → Ectomorph → 35-50 → Under \$60

The programs suited to you:



Goal → Fat loss → Ectomorph → 35-50 → Any price

The programs suited to you:



Goal → Fat loss → Ectomorph → 50+ → Free

The programs suited to you:



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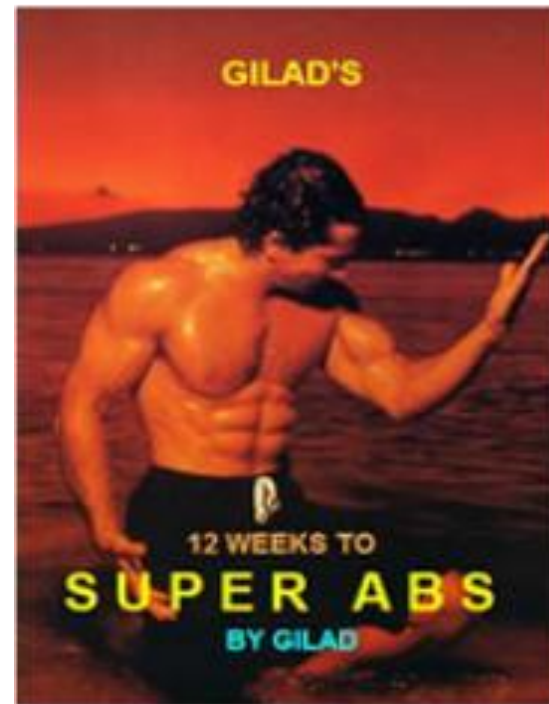


12-WEEK
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FITNESS EXPERT
KRIS GETHIN

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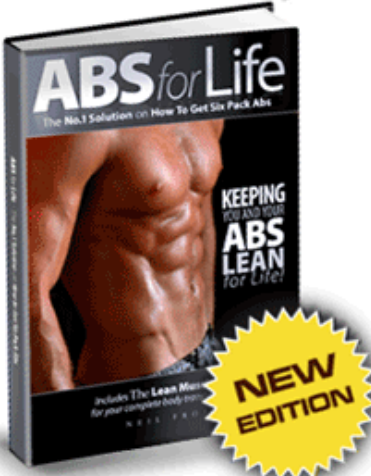
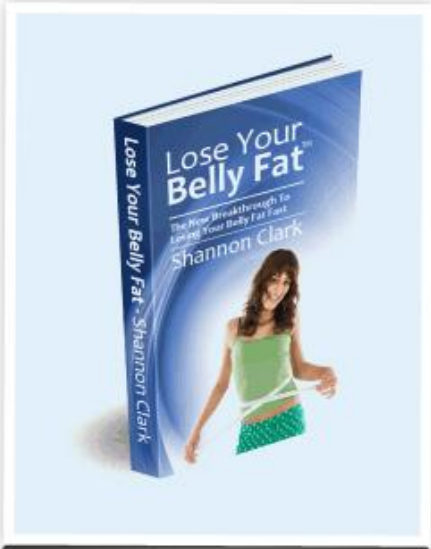
Goal → Fat loss → Ectomorph → 50+ → Under \$20

The programs suited to you:



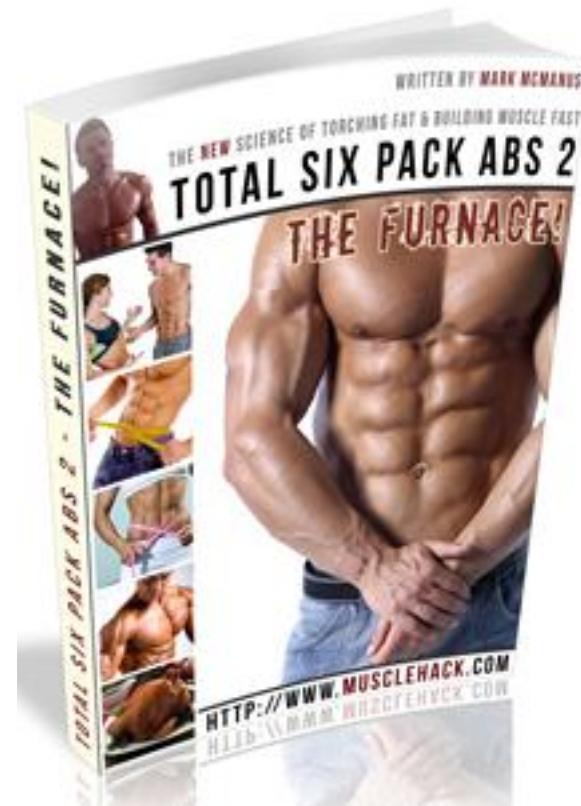
Goal → Fat loss → Ectomorph → 50+ → Under \$40

The programs suited to you:



Goal → Fat loss → Ectomorph → 50+ → Under \$60

The programs suited to you:



Goal → Fat loss → Ectomorph → 50+ → Any price

The programs suited to you:



Goal → Fat loss → Mesomorph → 10-20 → Free

The programs suited to you:



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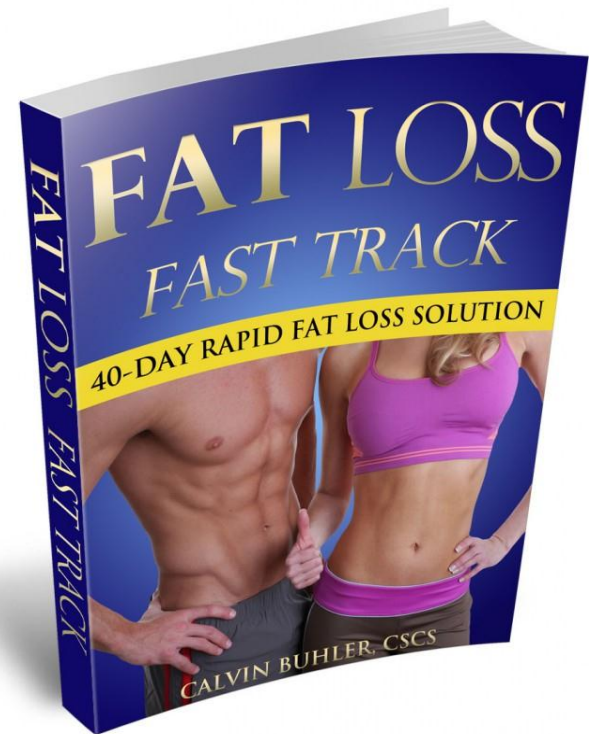


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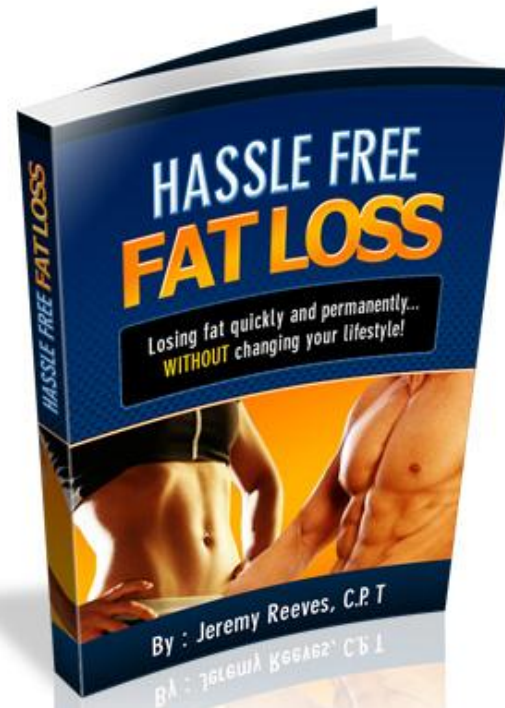
Goal → Fat loss → Mesomorph → 10-20 → Under \$20

The programs suited to you:



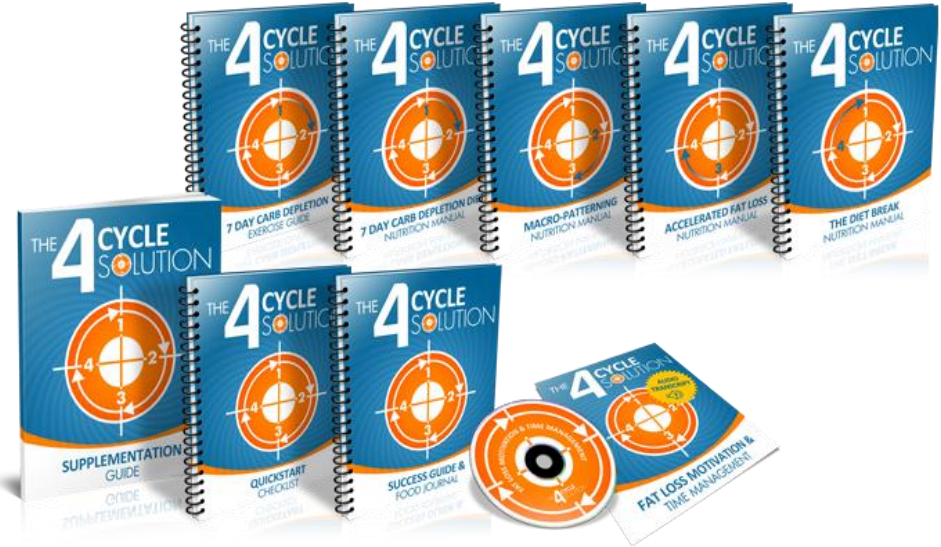
Goal → Fat loss → Mesomorph → 10-20 → Under \$40

The programs suited to you:



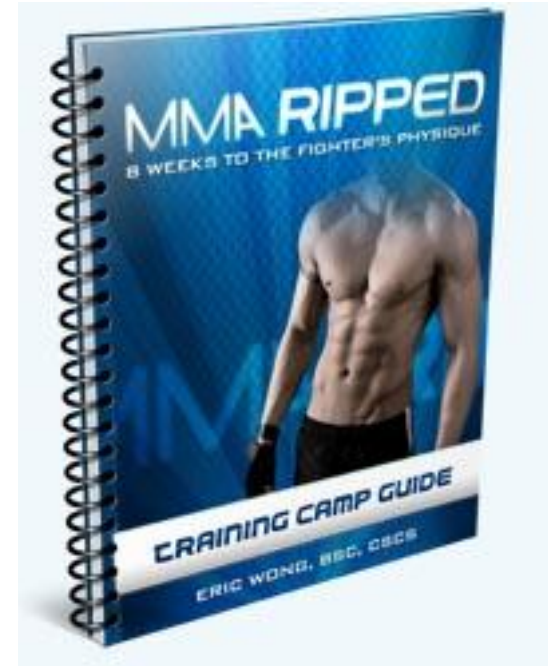
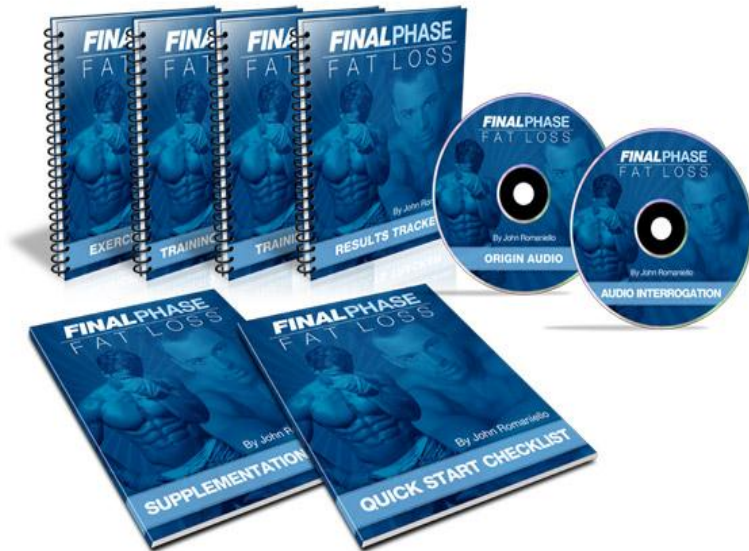
Goal → Fat loss → Mesomorph → 10-20 → Under \$60

The programs suited to you:



Goal → Fat loss → Mesomorph → 10-20 → Any price

The programs suited to you:



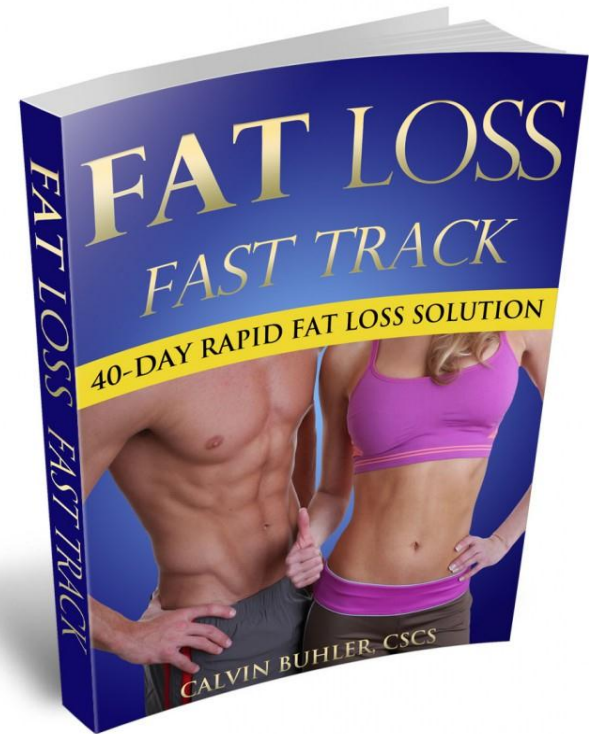
Goal → Fat loss → Mesomorph → 20-35 → Free

The programs suited to you:



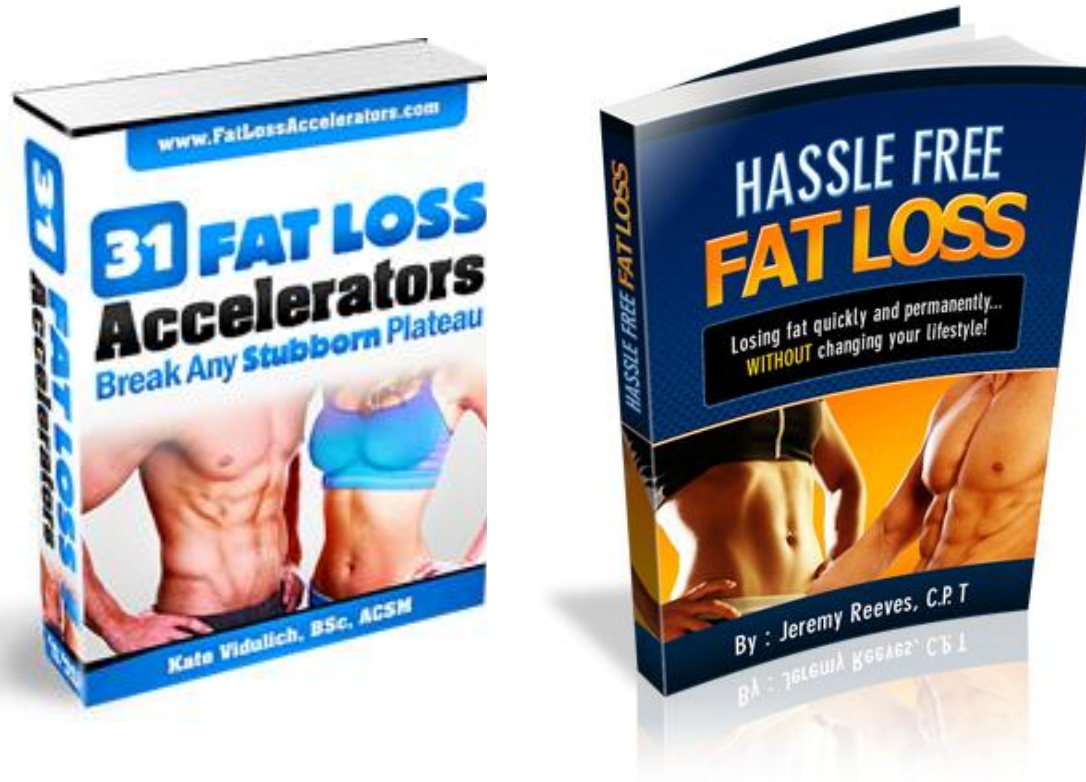
Goal → Fat loss → Mesomorph → 20-35 → Under \$20

The programs suited to you:



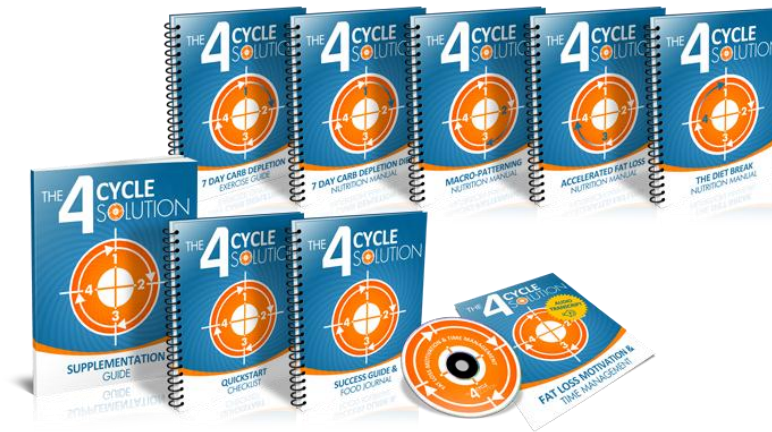
Goal → Fat loss → Mesomorph → 20-35 → Under \$40

The programs suited to you:



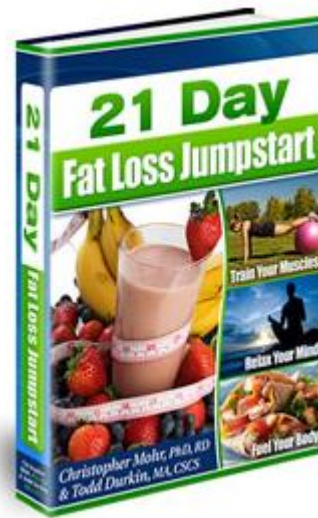
Goal → Fat loss → Mesomorph → 20-35 → Under \$60

The programs suited to you:



Goal → Fat loss → Mesomorph → 20-35 → Any price

The programs suited to you:



Goal → Fat loss → Mesomorph → 35-50 → Free

The programs suited to you:



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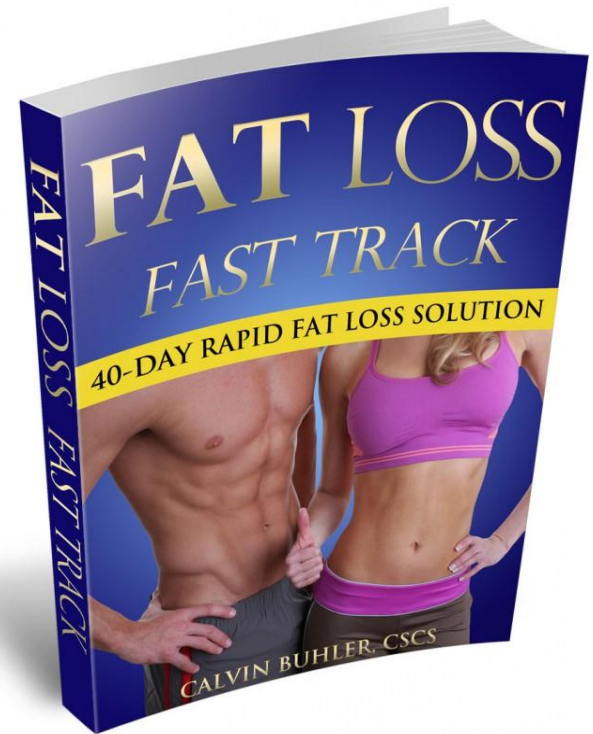


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The cover features a muscular man, Kris Gethin, in a grey tank top with his arms crossed. The background is dark blue with white and light blue text.

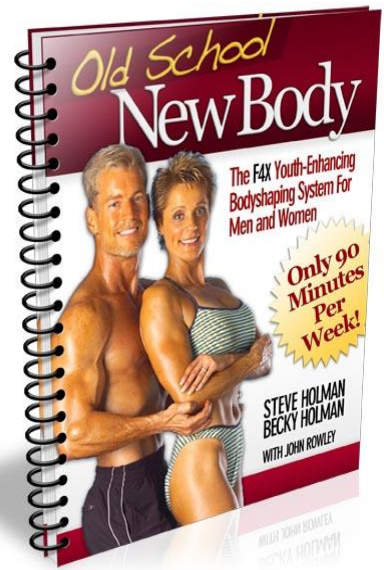
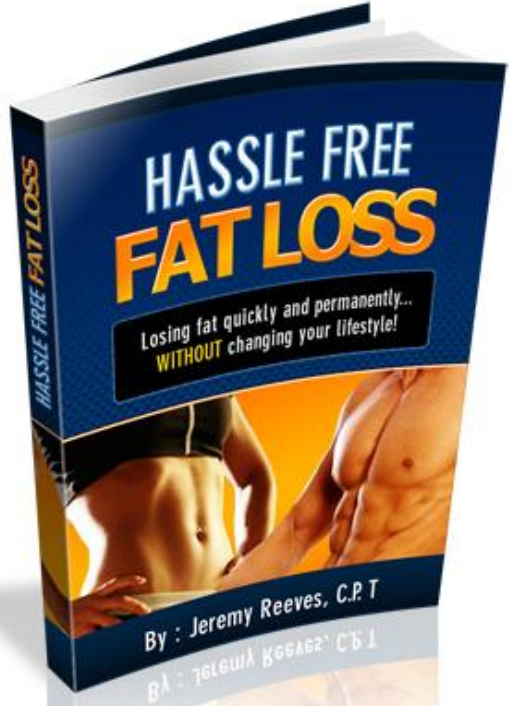
Goal → Fat loss → Mesomorph → 35-50 → Under \$20

The programs suited to you:



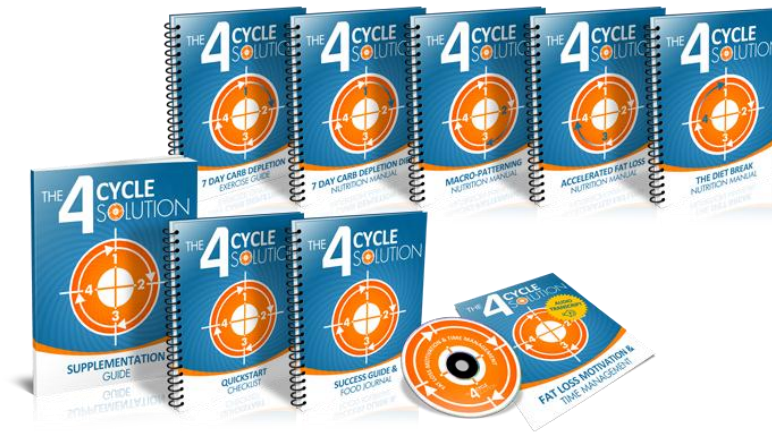
Goal → Fat loss → Mesomorph → 35-50 → Under \$40

The programs suited to you:



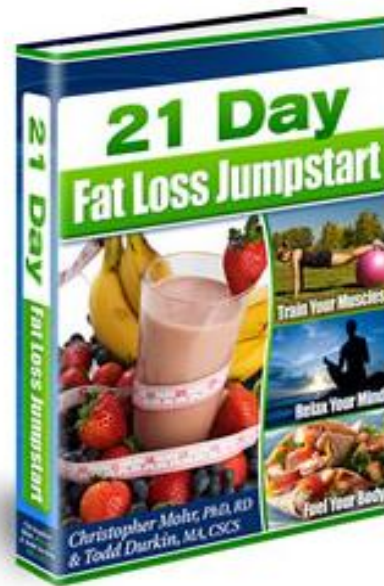
Goal → Fat loss → Mesomorph → 35-50 → Under \$60

The programs suited to you:



Goal → Fat loss → Mesomorph → 35-50 → Any price

The programs suited to you:



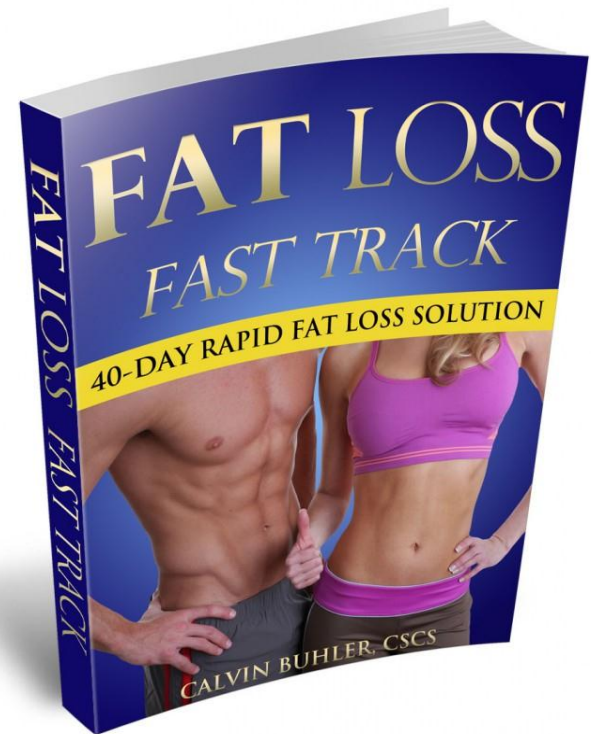
Goal → Fat loss → Mesomorph → 50+ → Free

The programs suited to you:



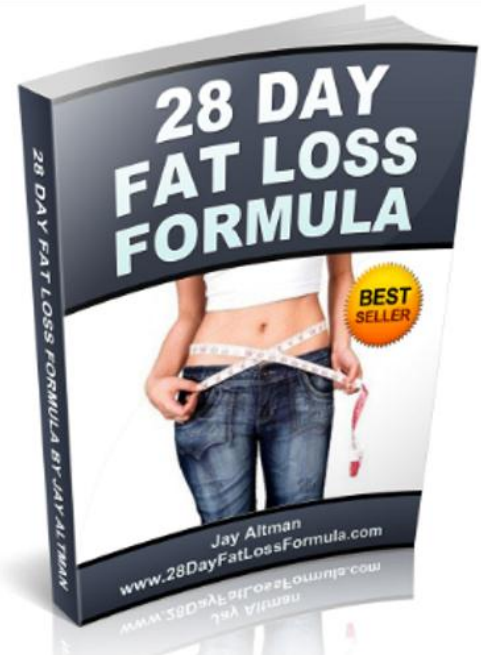
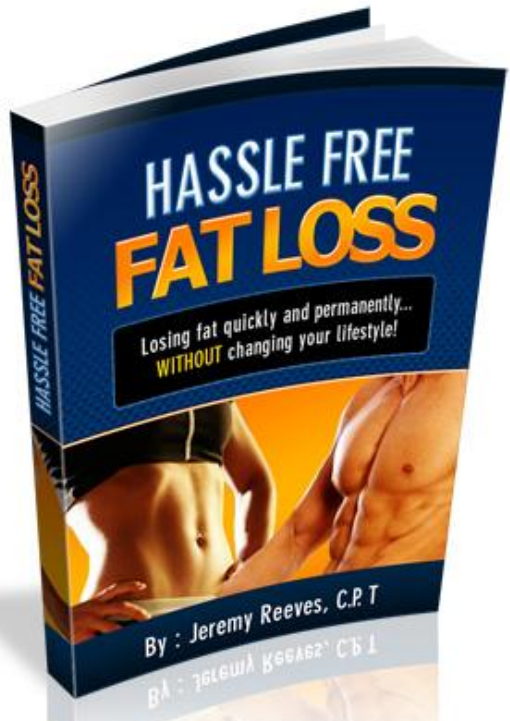
Goal → Fat loss → Mesomorph → 50+ → Under \$20

The programs suited to you:



Goal → Fat loss → Mesomorph → 50+ → Under \$40

The programs suited to you:



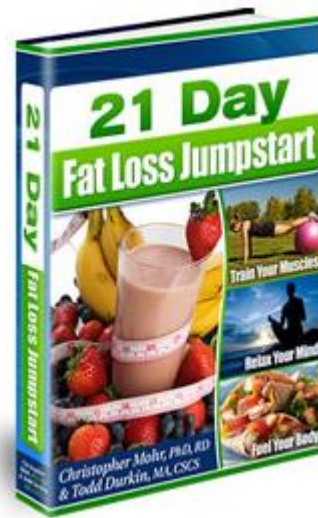
Goal → Fat loss → Mesomorph → 50+ → Under \$60

The programs suited to you:



Goal → Fat loss → Mesomorph → 50+ → Any price

The programs suited to you:



Goal → Fat loss → Endomorph → 10-20 → Free

The programs suited to you:



JULIEN GREAUX ///
365 CIRCUIT TRAINER
GET RIPPED /// STAY BIG /// YEAR ROUND
JULIEN GREAUX
MARTIAL ARTS EXPERT

The cover features a muscular man, Julien Greaux, in a black tank top. The background is dark blue with white and blue text. A logo with the number '88' is in the bottom left corner.



HARDCORE
12 WEEK DAILY VIDEO TRAINER
with *Kris Gethin*
OVER 50 MILLION VIEWS!
TRANSFORM WITH KRIS!
KRIS GETHIN IS YOUR FREE TRAINER AND PARTNER. BUILD MUSCLE, BURN FAT, AND GET RIPPED!

The cover features a muscular man, Kris Gethin, in a grey tank top. The background is dark blue with white and red text.



LEE LABRADA'S ///
LEAN BODY
12-WEEK DAILY TRAINER
BEGINNER TO ADVANCED: YOU CAN ACHIEVE A LEANER AND STRONGER BODY
LEE LABRADA
YOUR TRAINER

The cover features a smiling man, Lee Labrada, in a black polo shirt with red accents. The background is dark blue with white and blue text.

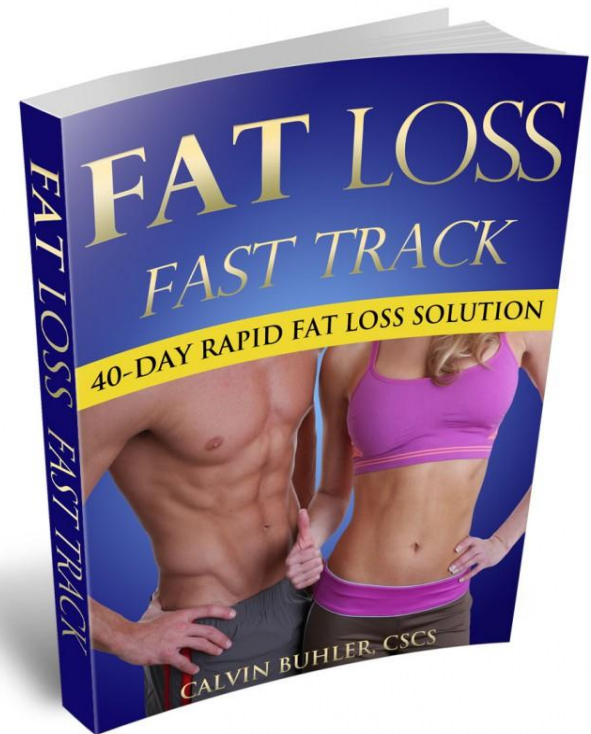


12-WEEK
CUTTING THE FAT PROGRAM
FITNESS EXPERT
KRIS GETHIN

The cover features a smiling man, Kris Gethin, in a grey tank top. The background is dark blue with white and light blue text.

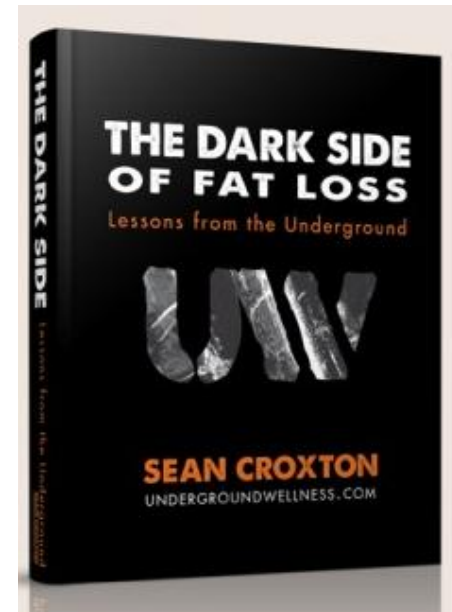
Goal → Fat loss → Endomorph → 10-20 → Under \$20

The programs suited to you:



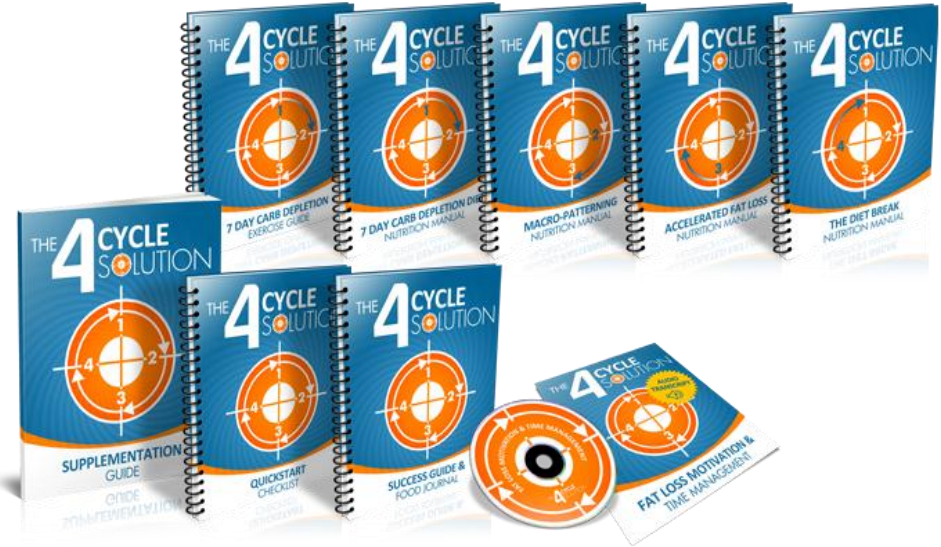
Goal → Fat loss → Endomorph → 10-20 → Under \$40

The programs suited to you:



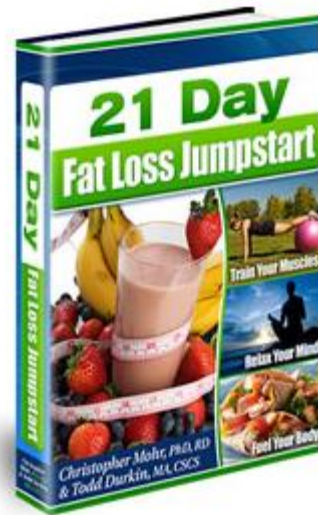
Goal → Fat loss → Endomorph → 10-20 → Under \$60

The programs suited to you:



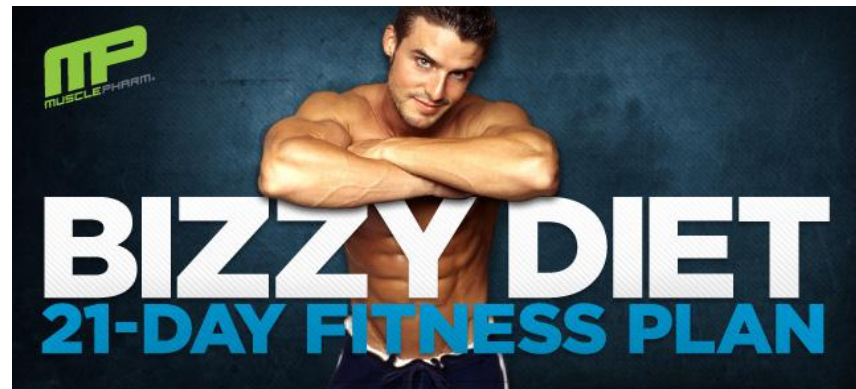
Goal → Fat loss → Endomorph → 10-20 → Any price

The programs suited to you:



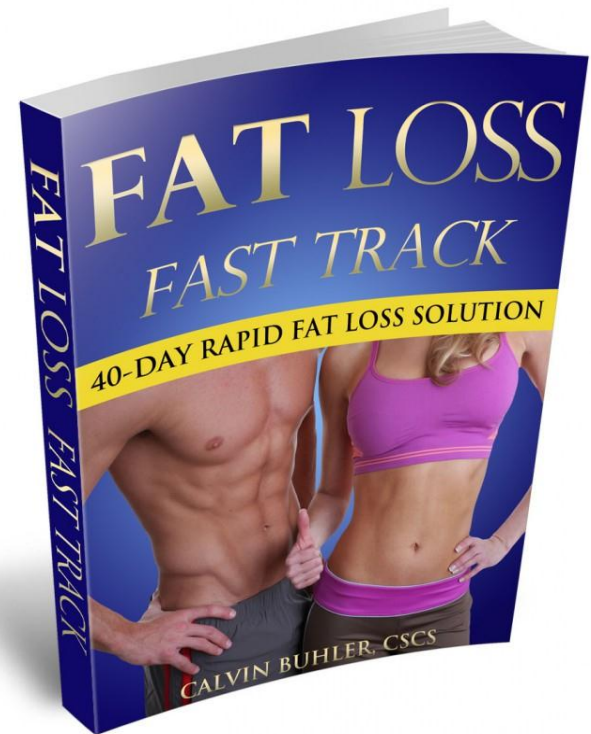
Goal → Fat loss → Endomorph → 20-35 → Free

The programs suited to you:



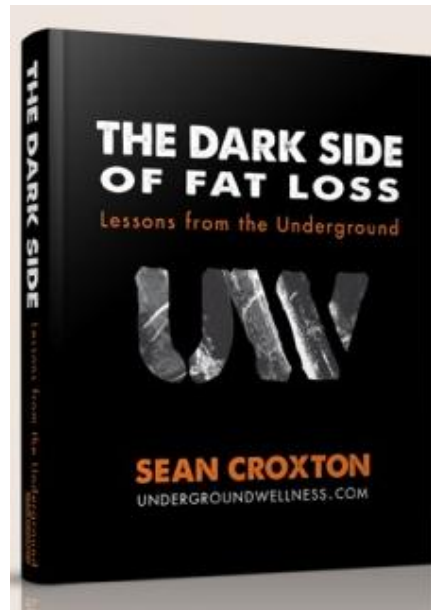
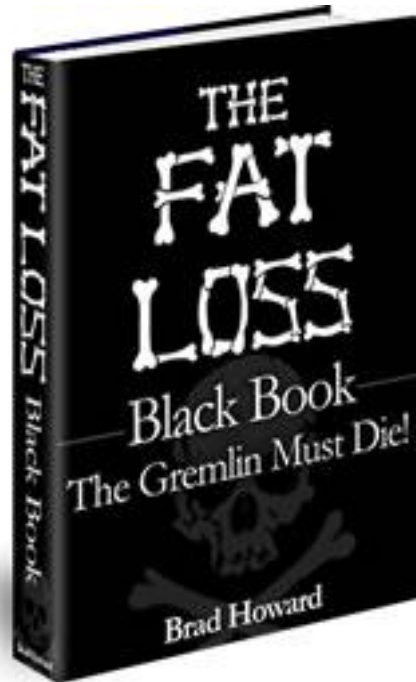
Goal → Fat loss → Endomorph → 20-35 → Under \$20

The programs suited to you:



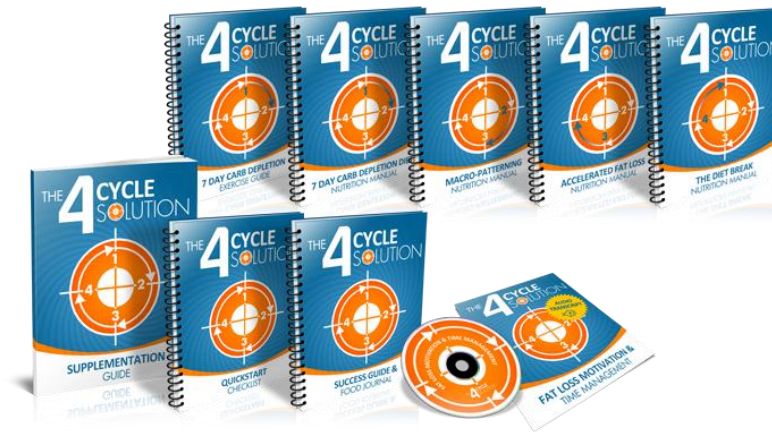
Goal → Fat loss → Endomorph → 20-35 → Under \$40

The programs suited to you:



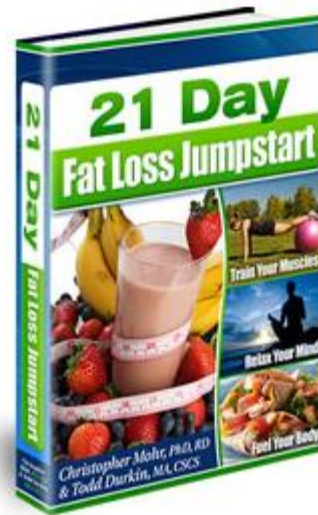
Goal → Fat loss → Endomorph → 20-35 → Under \$60

The programs suited to you:



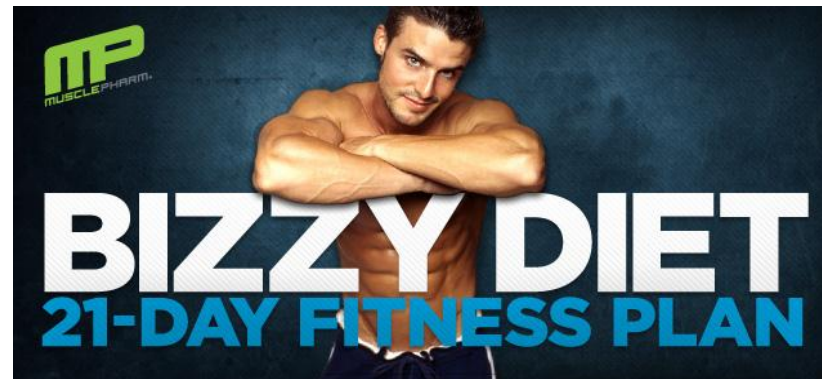
Goal → Fat loss → Endomorph → 20-35 → Any price

The programs suited to you:



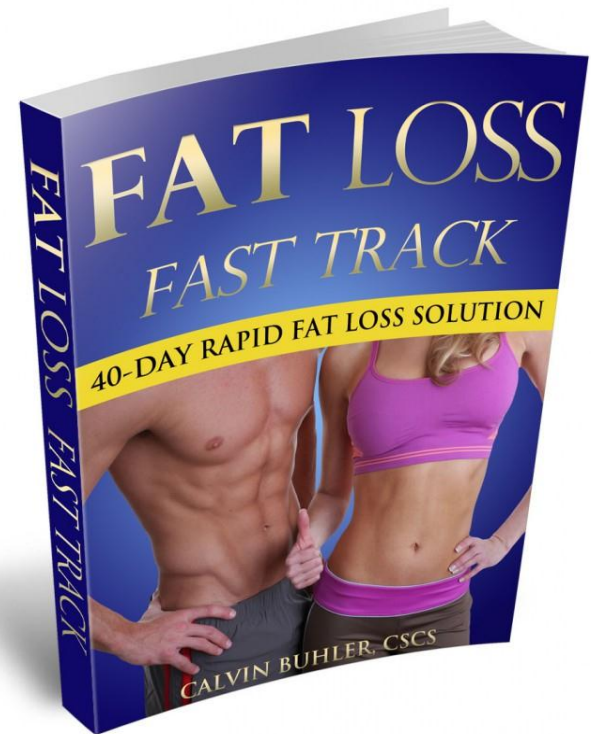
Goal → Fat loss → Endomorph → 35-50 → Free

The programs suited to you:



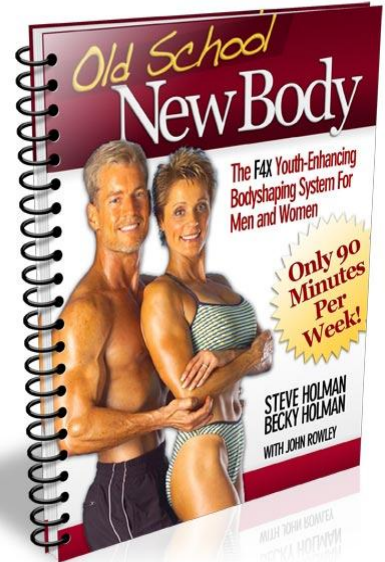
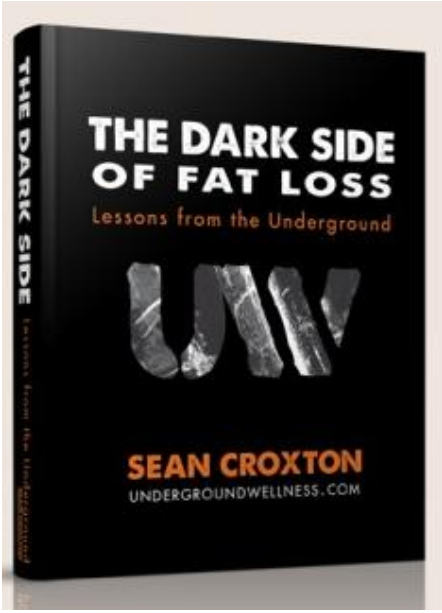
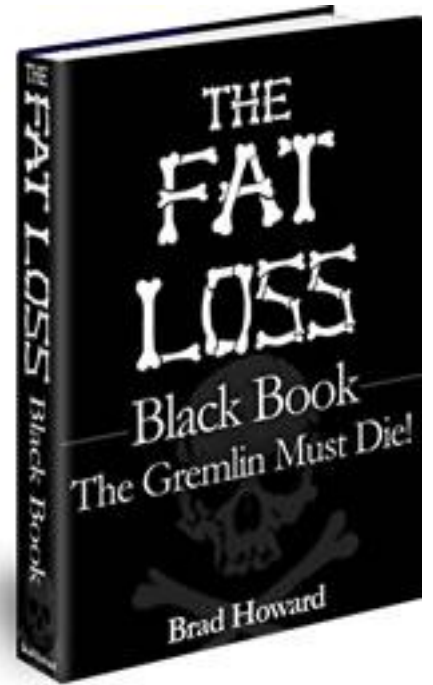
Goal → Fat loss → Endomorph → 35-50 → Under \$20

The programs suited to you:



Goal → Fat loss → Endomorph → 35-50 → Under \$40

The programs suited to you:



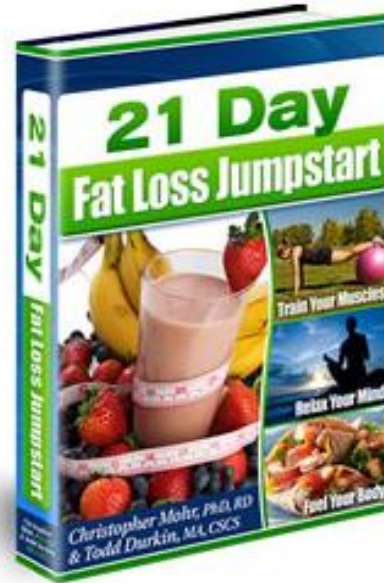
Goal → Fat loss → Endomorph → 35-50 → Under \$60

The programs suited to you:



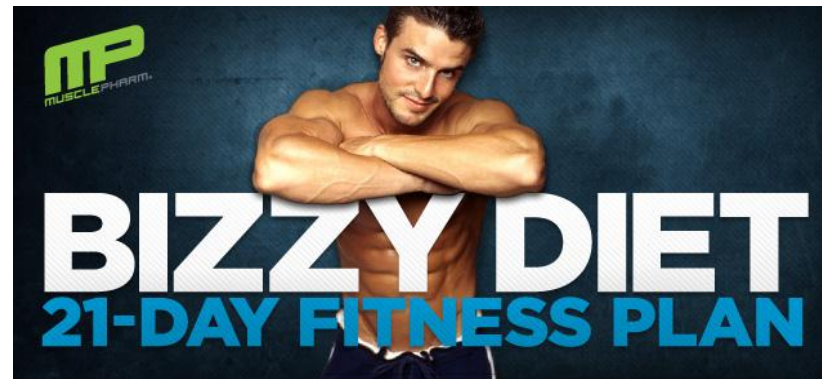
Goal → Fat loss → Endomorph → 35-50 → Any price

The programs suited to you:



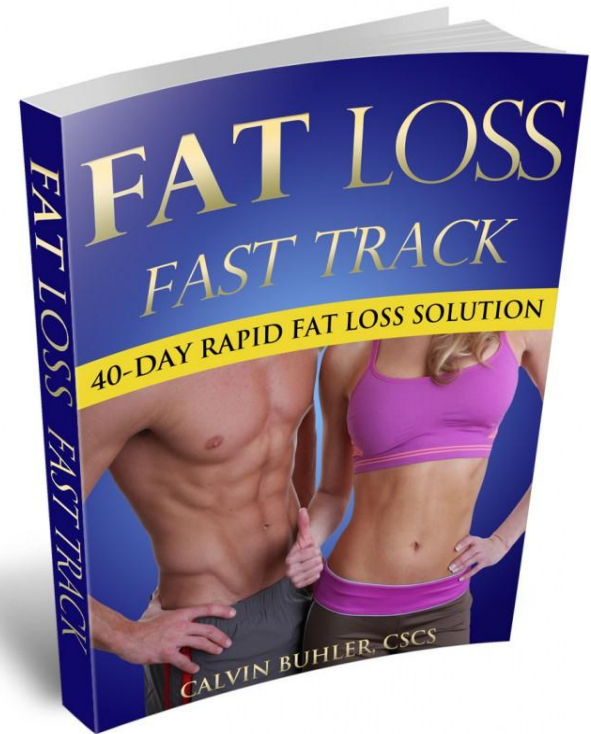
Goal → Fat loss → Endomorph → 50+ → Free

The programs suited to you:



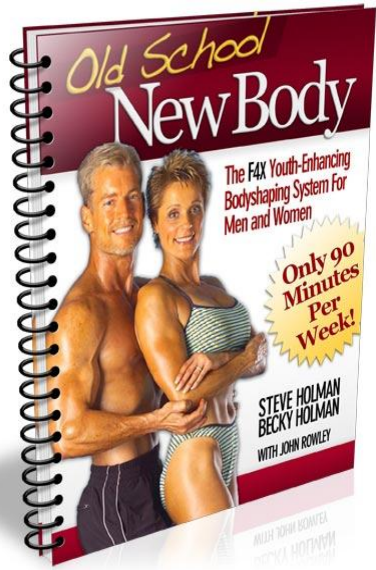
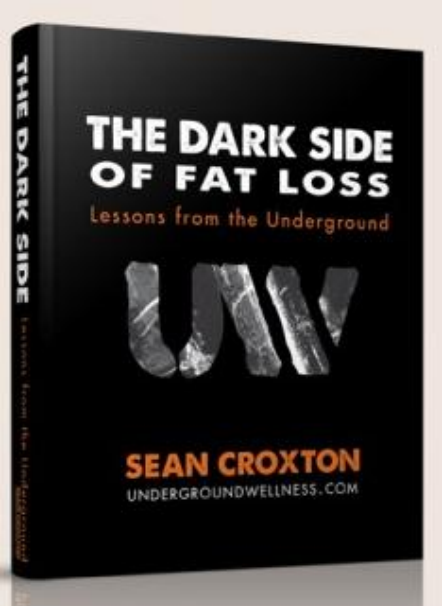
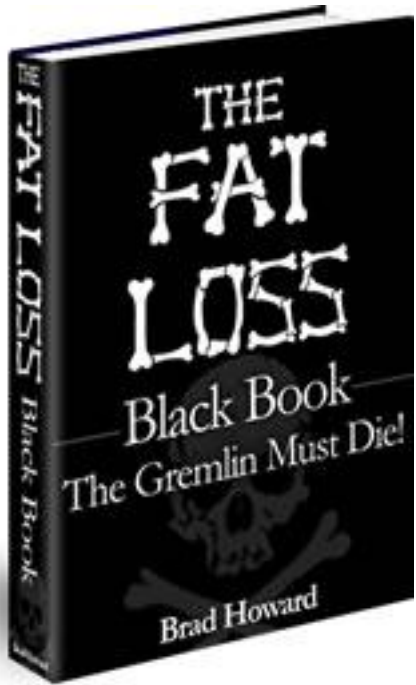
Goal → Fat loss → Endomorph → 50+ → Under \$20

The programs suited to you:



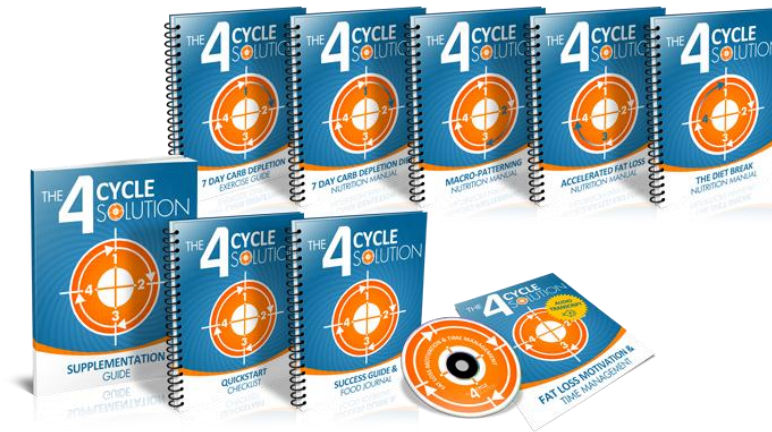
Goal → Fat loss → Endomorph → 50+ → Under \$40

The programs suited to you:



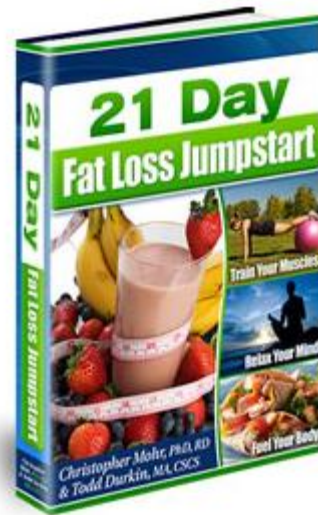
Goal → Fat loss → Endomorph → 50+ → Under \$60

The programs suited to you:



Goal → Fat loss → Endomorph → 50+ → Any price

The programs suited to you:



Goal → Muscle building → Ectomorph → 10-20 → Free

The programs suited to you:



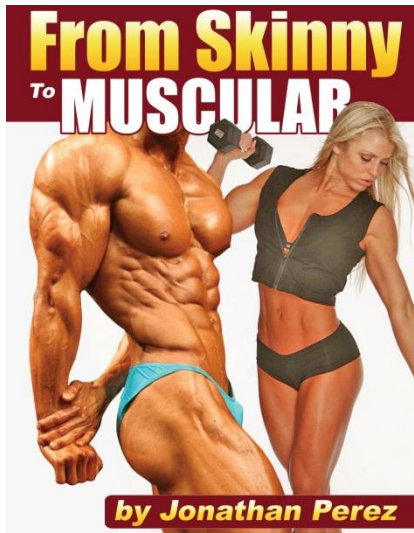
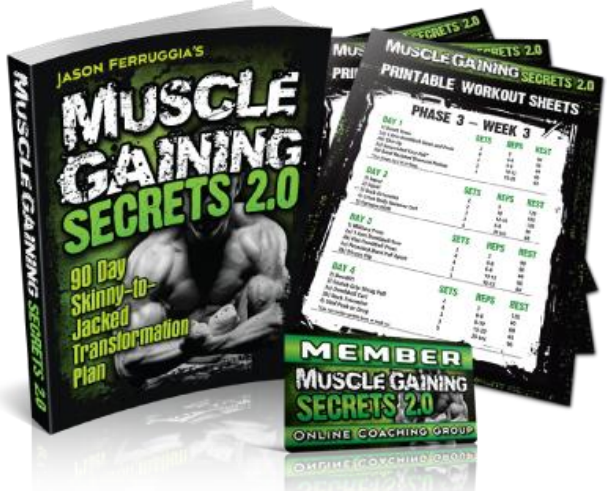
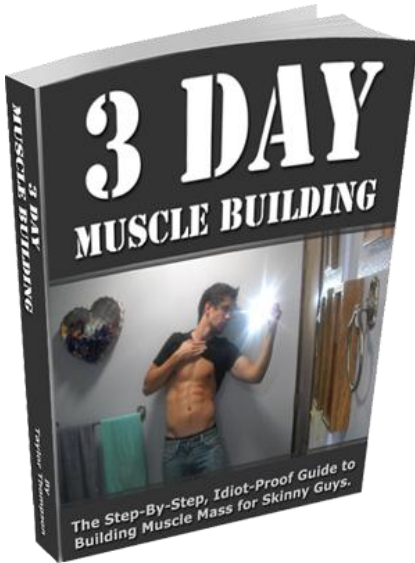
Goal → Muscle building → Ectomorph → 10-20 → Under \$20

The programs suited to you:



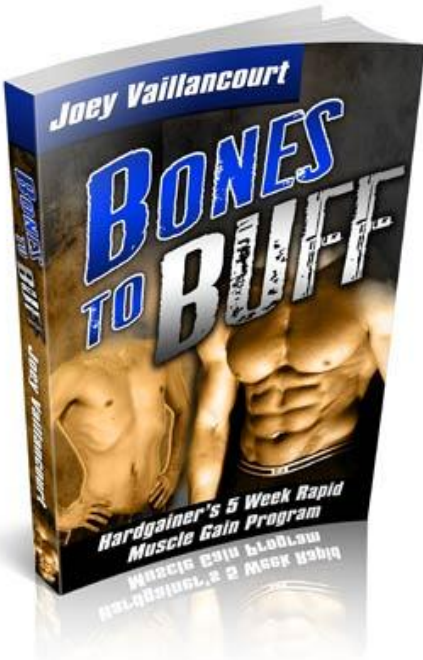
Goal → Muscle building → Ectomorph → 10-20 → Under \$40

The programs suited to you:

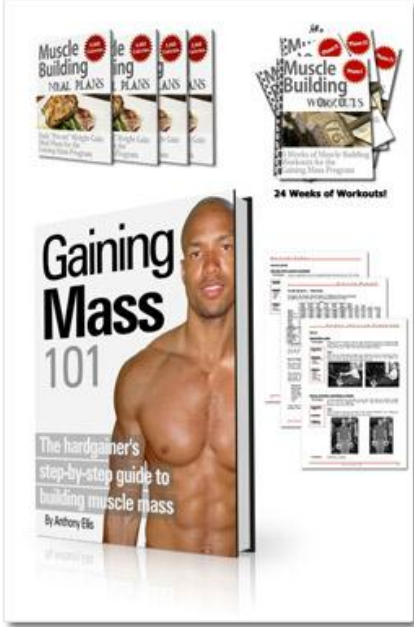


Goal → Muscle building → Ectomorph → 10-20 → Under \$60

The programs suited to you:

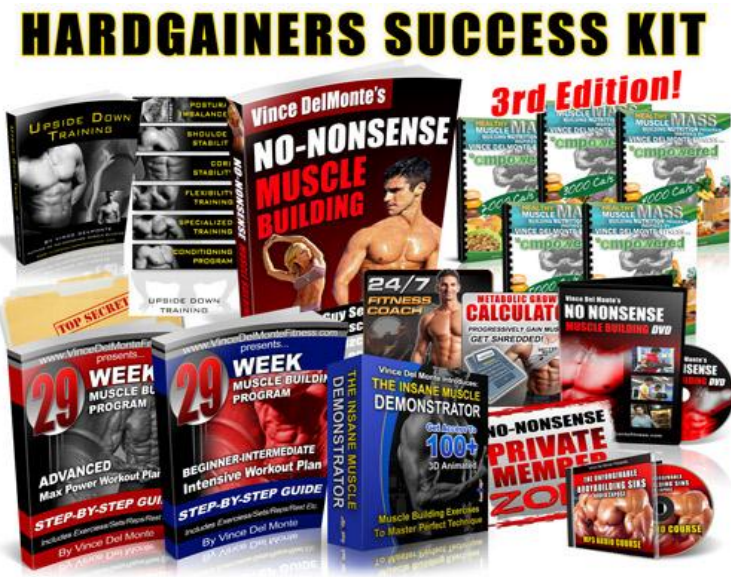


Skinny Guy Transformation Kit



Goal → Muscle building → Ectomorph → 10-20 → Any price

The programs suited to you:



Goal → Muscle building → Ectomorph → 20-35 → Free

The programs suited to you:



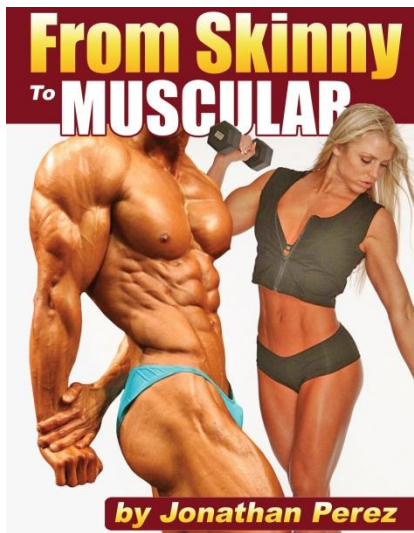
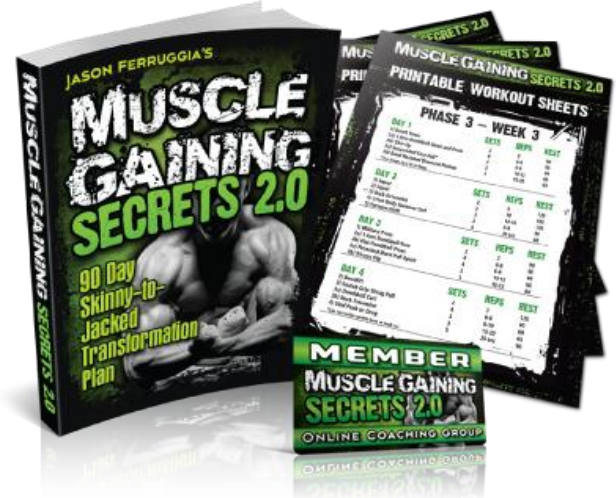
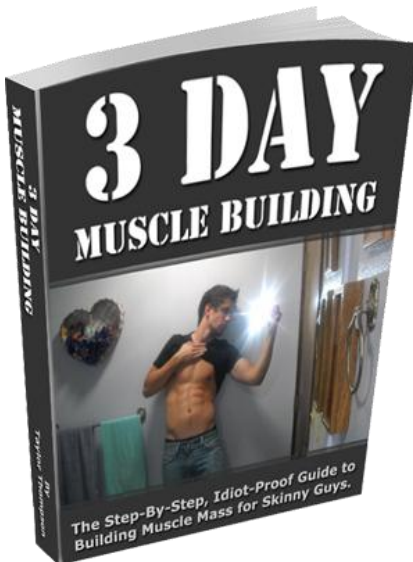
Goal → Muscle building → Ectomorph → 20-35 → Under \$20

The programs suited to you:



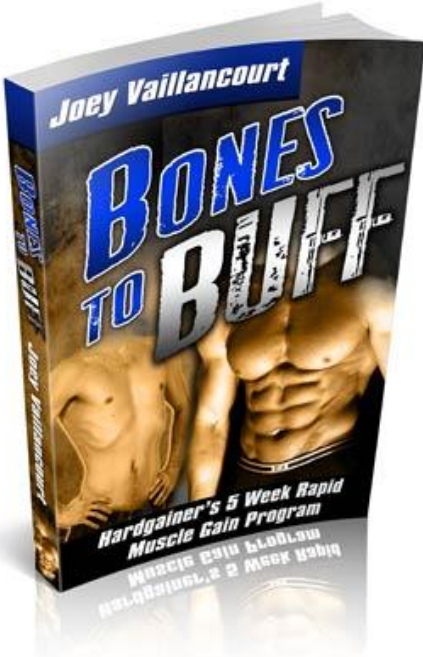
Goal → Muscle building → Ectomorph → 20-35 → Under \$40

The programs suited to you:

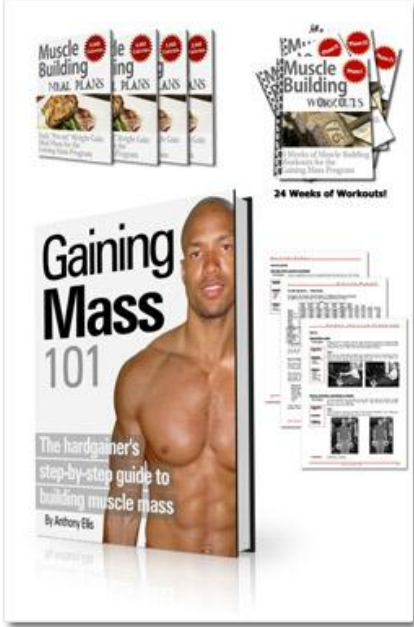
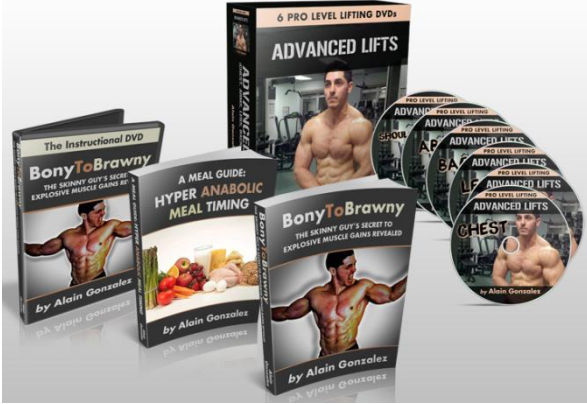


Goal → Muscle building → Ectomorph → 20-35 → Under \$60

The programs suited to you:



Skinny Guy Transformation Kit

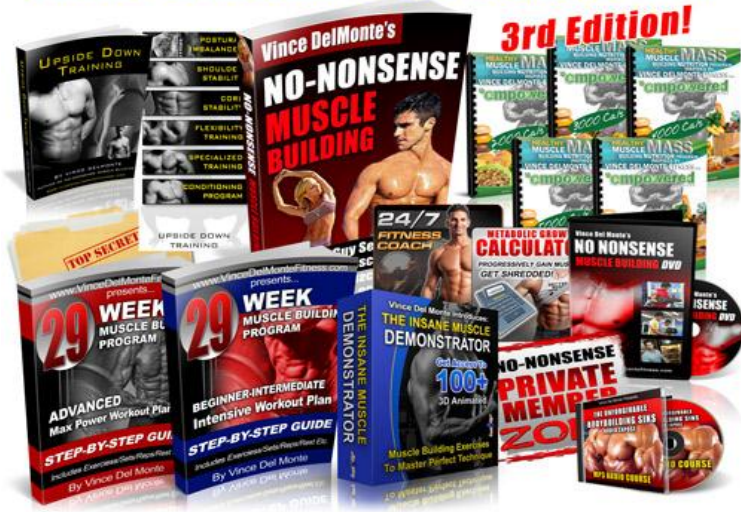


Goal → Muscle building → Ectomorph → 20-35 → Any price

The programs suited to you:



HARDGAINERS SUCCESS KIT



Goal → Muscle building → Ectomorph → 35-50 → Free

The programs suited to you:



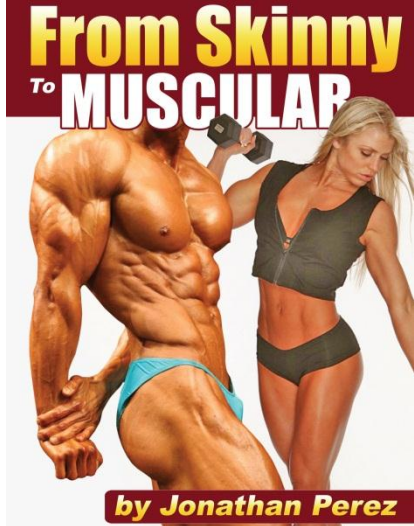
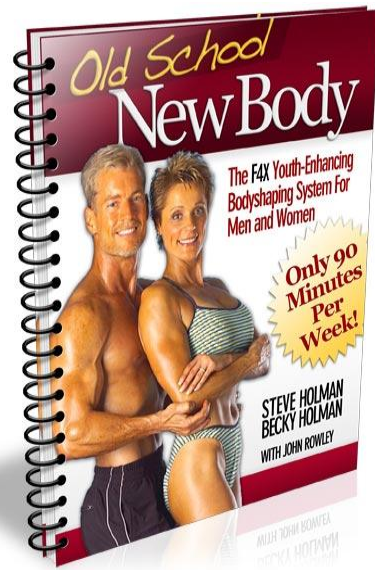
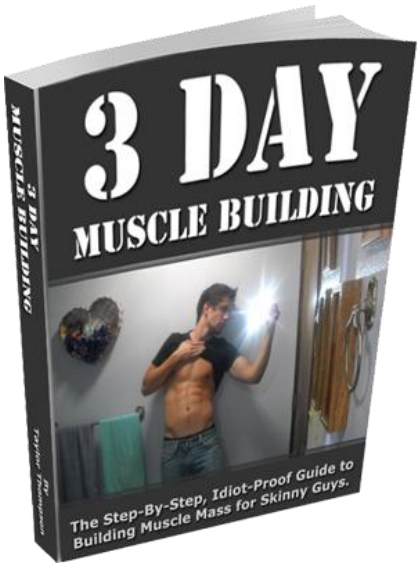
Goal → Muscle building → Ectomorph → 35-50 → Under \$20

The programs suited to you:



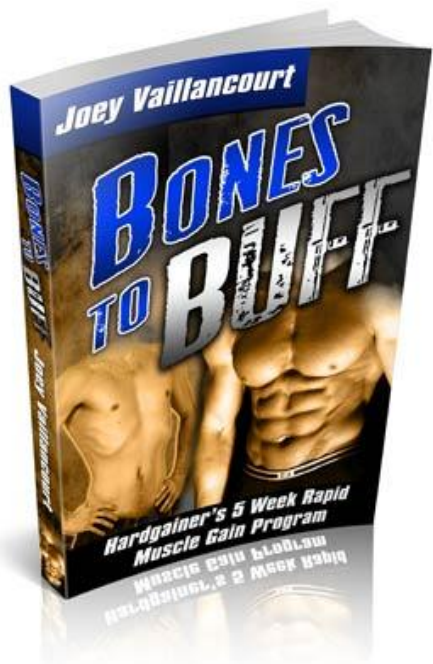
Goal → Muscle building → Ectomorph → 35-50 → Under \$40

The programs suited to you:

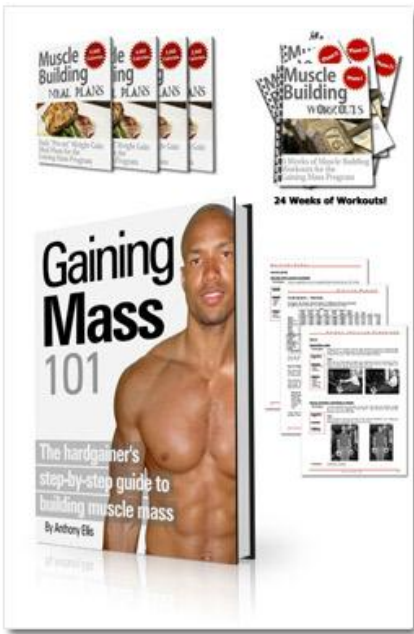


Goal → Muscle building → Ectomorph → 35-50 → Under \$60

The programs suited to you:



Skinny Guy Transformation Kit

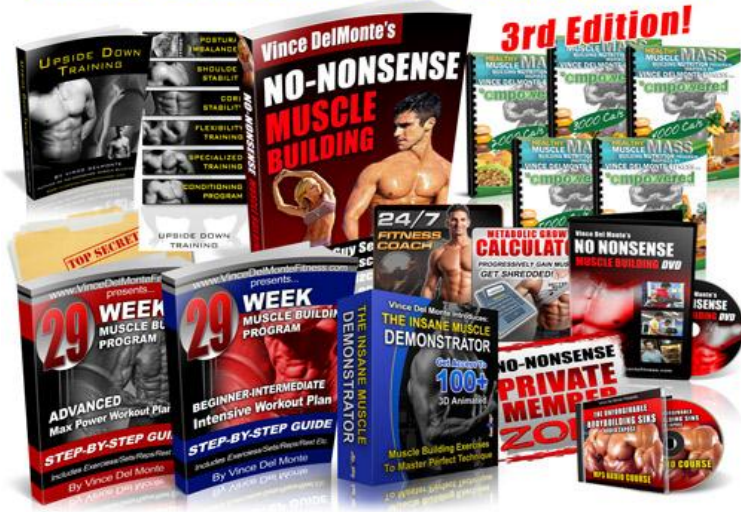


Goal → Muscle building → Ectomorph → 35-50 → Any price

The programs suited to you:



HARDGAINERS SUCCESS KIT



Goal → Muscle building → Ectomorph → 50+ → Free

The programs suited to you:



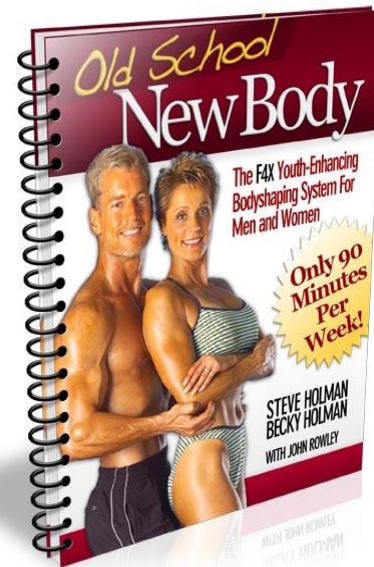
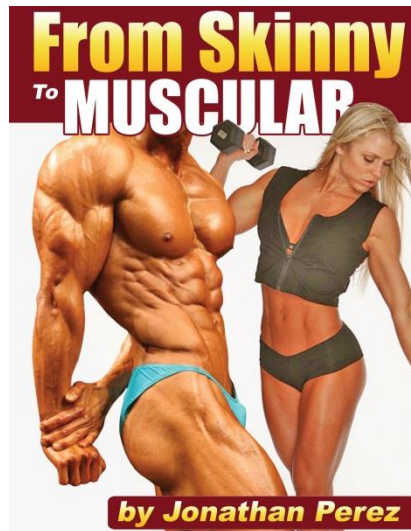
Goal → Muscle building → Ectomorph → 50+ → Under \$20

The programs suited to you:



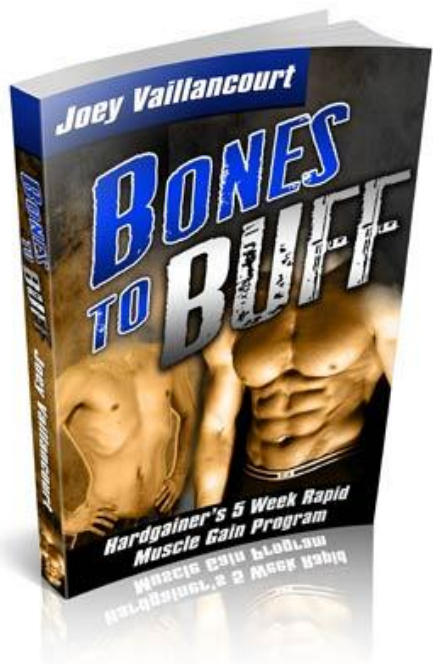
Goal → Muscle building → Ectomorph → 50+ → Under \$40

The programs suited to you:

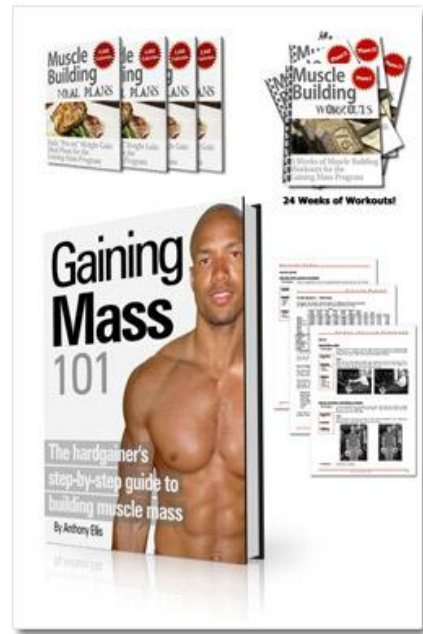
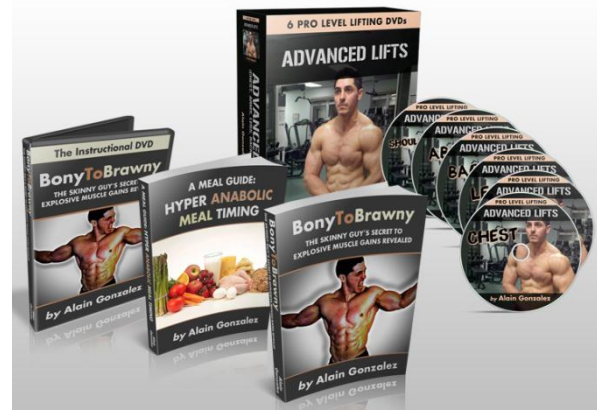


Goal → Muscle building → Ectomorph → 50+ → Under \$60

The programs suited to you:



Skinny Guy Transformation Kit



Goal → Muscle building → Ectomorph → 50+ → Any price

The programs suited to you:



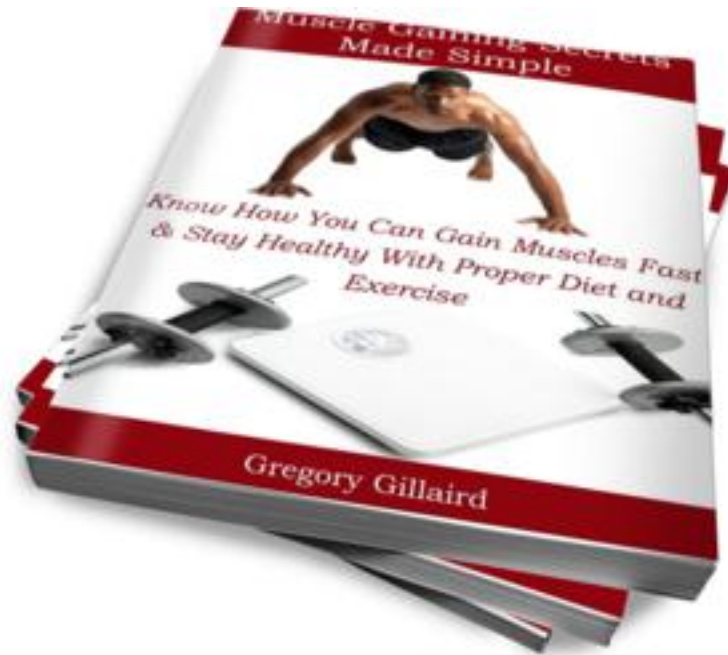
Goal → Muscle building → Mesomorph → 10-20 → Free

The programs suited to you:



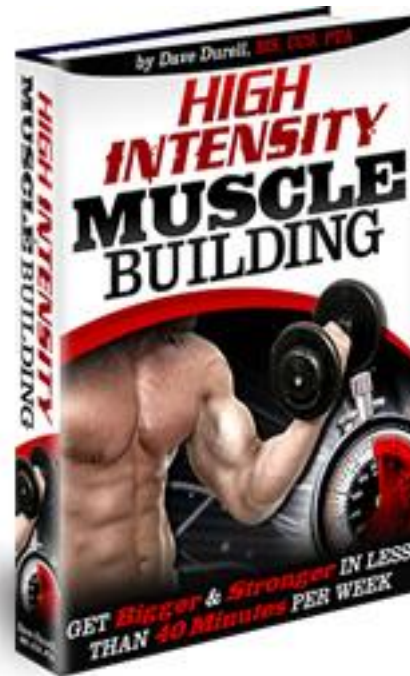
Goal → Muscle building → Mesomorph → 10-20 → Under \$20

The programs suited to you:



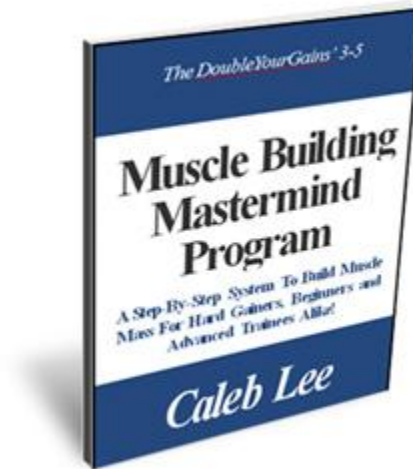
Goal → Muscle building → Mesomorph → 10-20 → Under \$40

The programs suited to you:



Goal → Muscle building → Mesomorph → 10-20 → Under \$60

The programs suited to you:



Goal → Muscle building → Mesomorph → 10-20 → Any price

The programs suited to you:



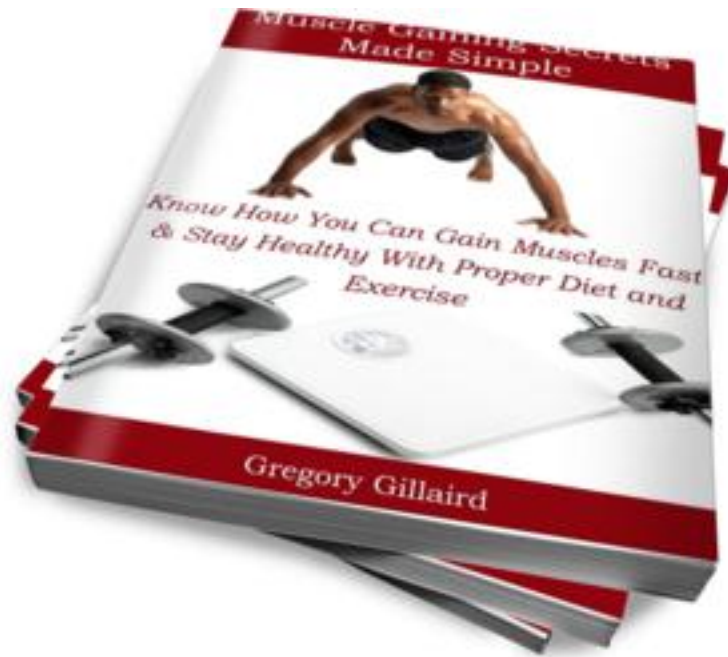
Goal → Muscle building → Mesomorph → 20-35 → Free

The programs suited to you:



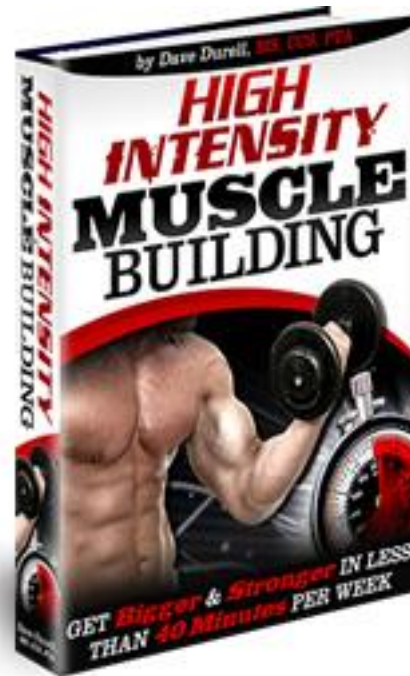
Goal → Muscle building → Mesomorph → 20-35 → Under \$20

The programs suited to you:



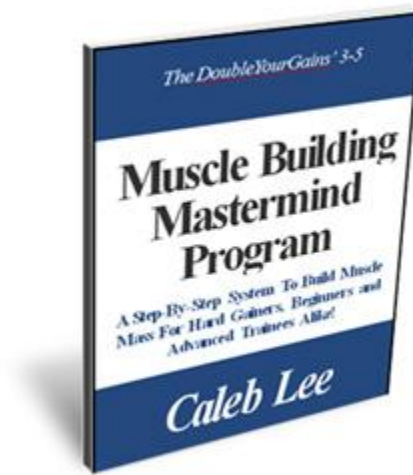
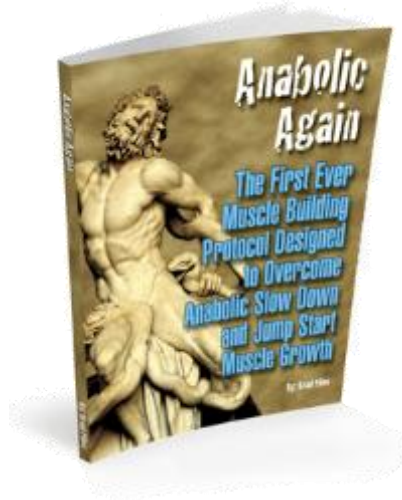
Goal → Muscle building → Mesomorph → 20-35 → Under \$40

The programs suited to you:



Goal → Muscle building → Mesomorph → 20-35 → Under \$60

The programs suited to you:



Goal → Muscle building → Mesomorph → 20-35 → Any price

The programs suited to you:



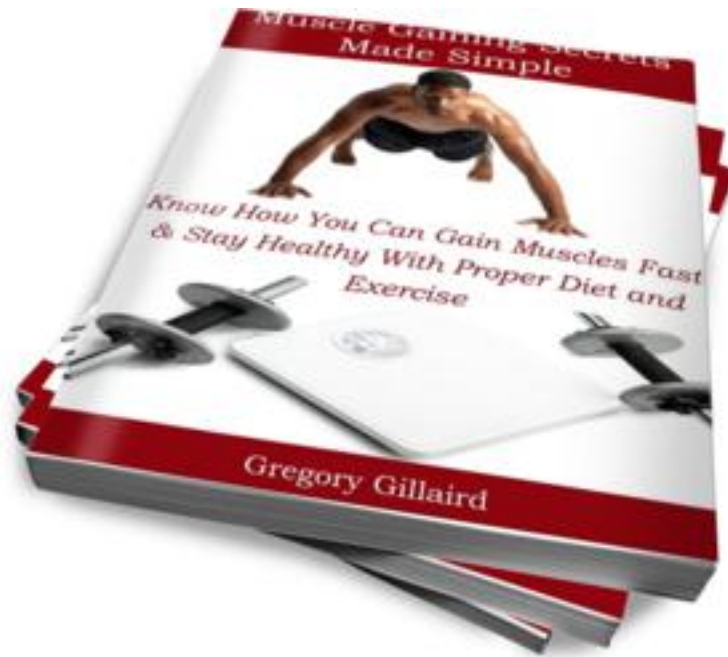
Goal → Muscle building → Mesomorph → 35-50 → Free

The programs suited to you:



Goal → Muscle building → Mesomorph → 35-50 → Under \$20

The programs suited to you:



Goal → Muscle building → Mesomorph → 35-50 → Under \$40

The programs suited to you:


Metroflex Gym's Down To Earth Guide To Your Ideal Body



Featuring Brian Dobson's Training Methods

by Dave Darrell, B.S., D.P.M., P.S.T.

HIGH INTENSITY MUSCLE BUILDING




GET Bigger & Stronger IN LESS THAN 40 Minutes PER WEEK

Old School New Body

The FAX Youth-Enhancing Bodyshaping System For Men and Women

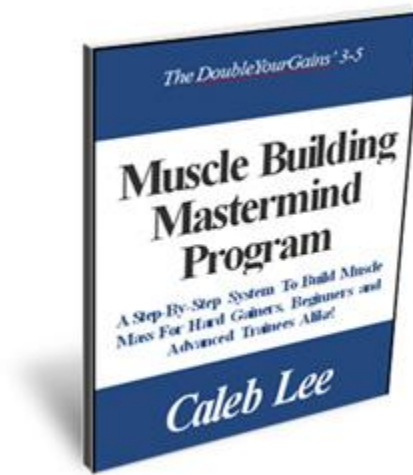
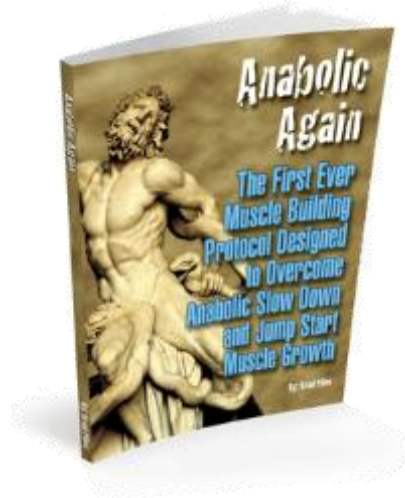
Only 90 Minutes Per Week!

STEVE HOLMAN
BECKY HOLMAN
WITH JOHN ROWLEY



Goal → Muscle building → Mesomorph → 35-50 → Under \$60

The programs suited to you:



Goal → Muscle building → Mesomorph → 35-50 → Any price

The programs suited to you:



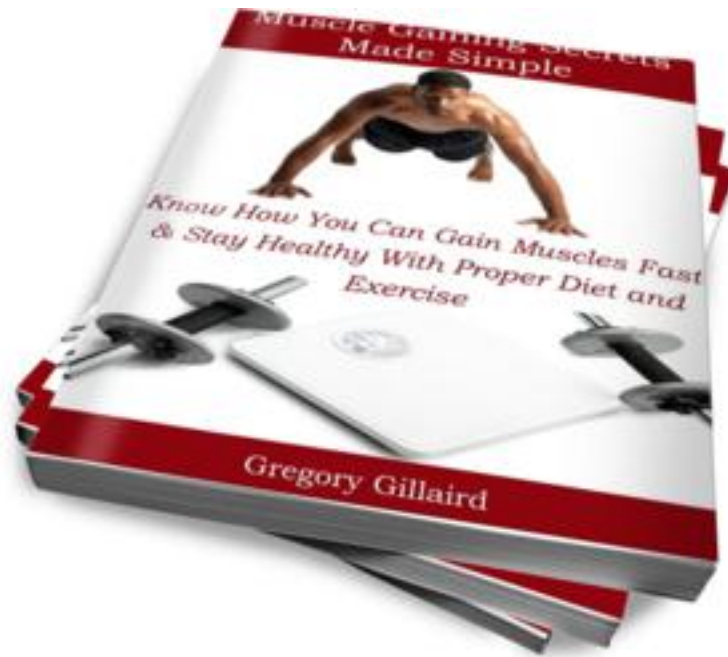
Goal → Muscle building → Mesomorph → 50+ → Free

The programs suited to you:



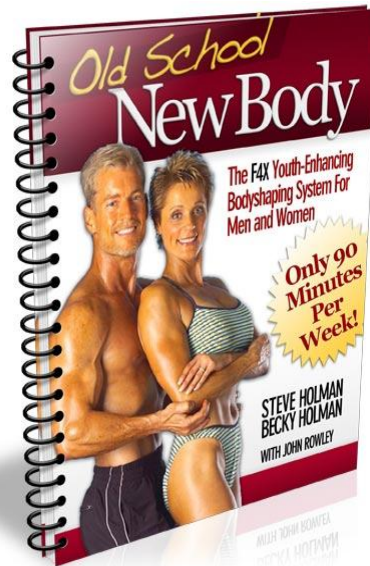
Goal → Muscle building → Mesomorph → 50+ → Under \$20

The programs suited to you:



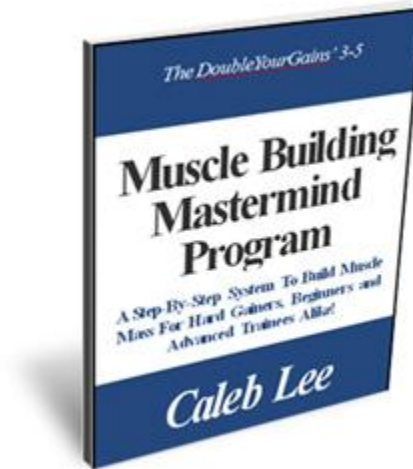
Goal → Muscle building → Mesomorph → 50+ → Under \$40

The programs suited to you:



Goal → Muscle building → Mesomorph → 50+ → Under \$60

The programs suited to you:



Goal → Muscle building → Mesomorph → 50+ → Any price

The programs suited to you:



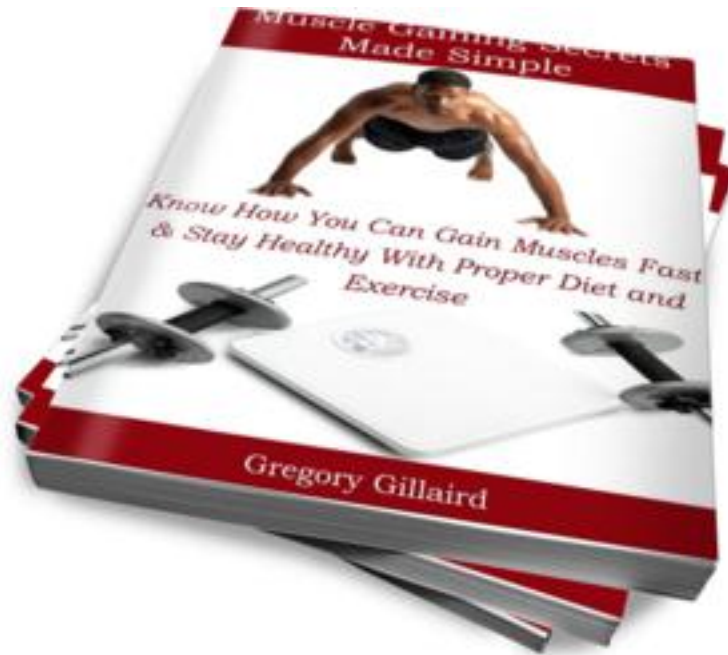
Goal → Muscle building → Endomorph → 10-20 → Free

The programs suited to you:



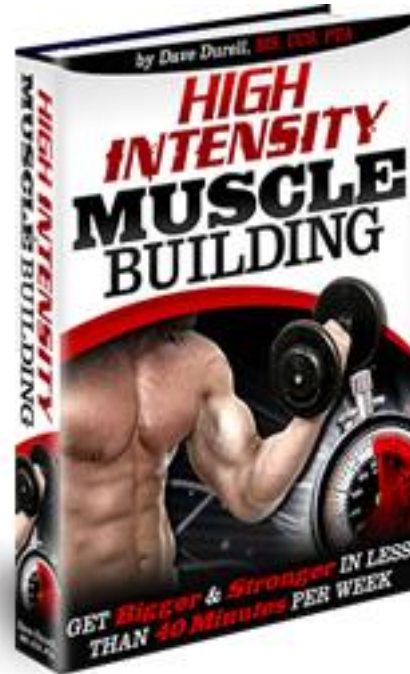
Goal → Muscle building → Endomorph → 10-20 → Under \$20

The programs suited to you:



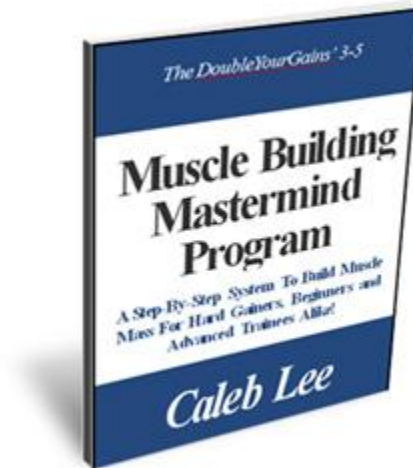
Goal → Muscle building → Endomorph → 10-20 → Under \$40

The programs suited to you:



Goal → Muscle building → Endomorph → 10-20 → Under \$60

The programs suited to you:



Goal → Muscle building → Endomorph → 10-20 → Any price

The programs suited to you:



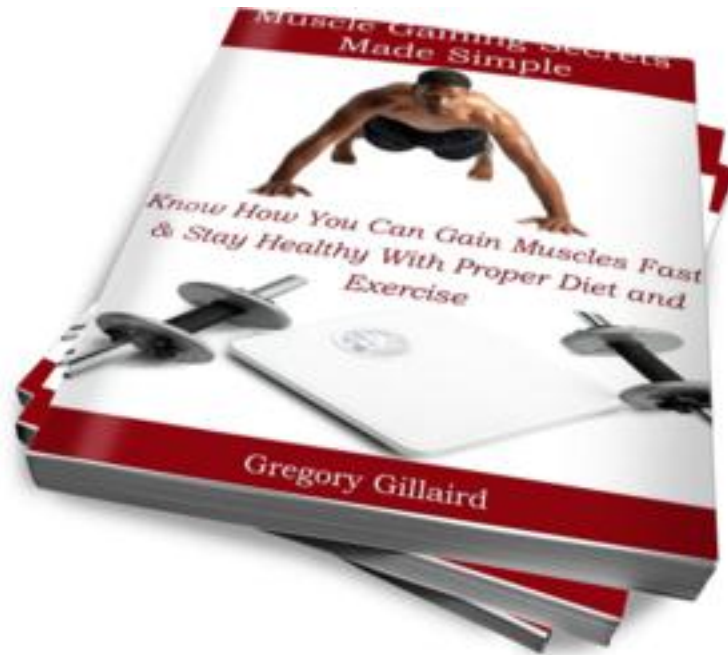
Goal → Muscle building → Endomorph → 20-35 → Free

The programs suited to you:



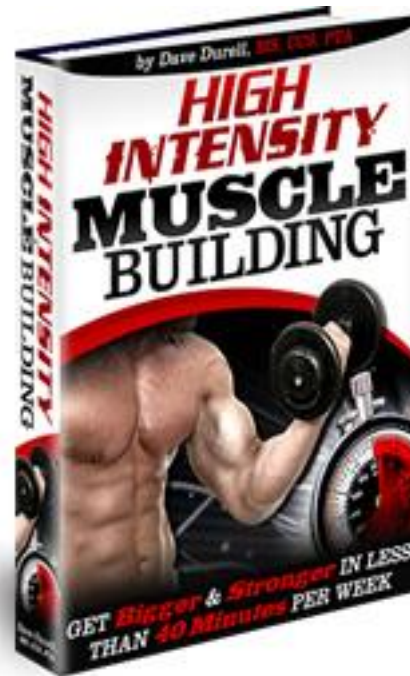
Goal → Muscle building → Endomorph → 20-35 → Under \$20

The programs suited to you:



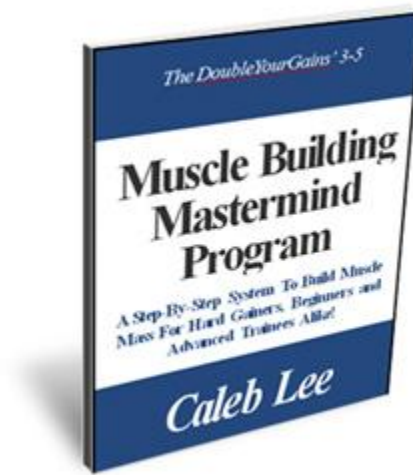
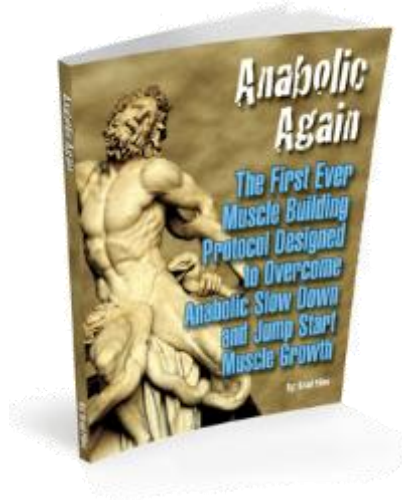
Goal → Muscle building → Endomorph → 20-35 → Under \$40

The programs suited to you:



Goal → Muscle building → Endomorph → 20-35 → Under \$60

The programs suited to you:



Goal → Muscle building → Endomorph → 20-35 → Any price

The programs suited to you:



Goal → Muscle building → Endomorph → 35-50 → Free

The programs suited to you:



Goal → Muscle building → Endomorph → 35-50 → Under \$20

The programs suited to you:



Goal → Muscle building → Endomorph → 35-50 → Under \$40

The programs suited to you:


Metroflex Gym's Down To Earth Guide To Your Ideal Body



Featuring Brian Dobson's Training Methods

by Dave Darrell, B.S., D.P.M., P.S.T.

HIGH INTENSITY MUSCLE BUILDING



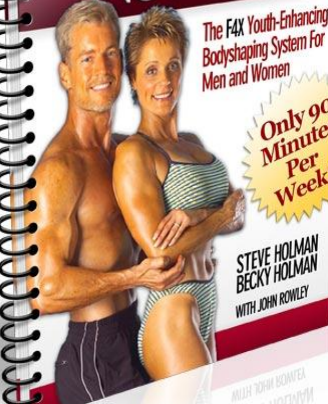
GET Bigger & Stronger IN LESS THAN 40 Minutes PER WEEK

Old School New Body

The FAX Youth-Enhancing Bodyshaping System For Men and Women

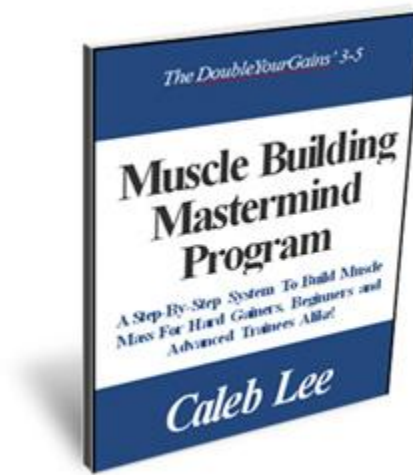
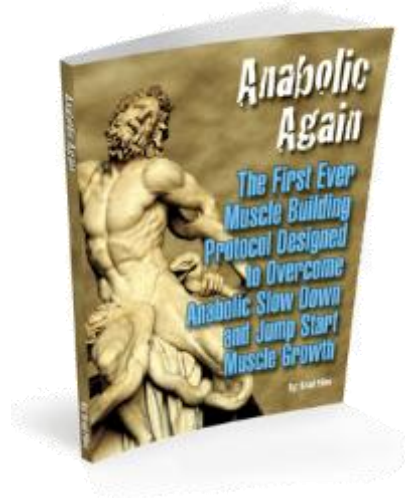
Only 90 Minutes Per Week!

STEVE HOLMAN
BECKY HOLMAN
WITH JOHN ROWLEY



Goal → Muscle building → Endomorph → 35-50 → Under \$60

The programs suited to you:



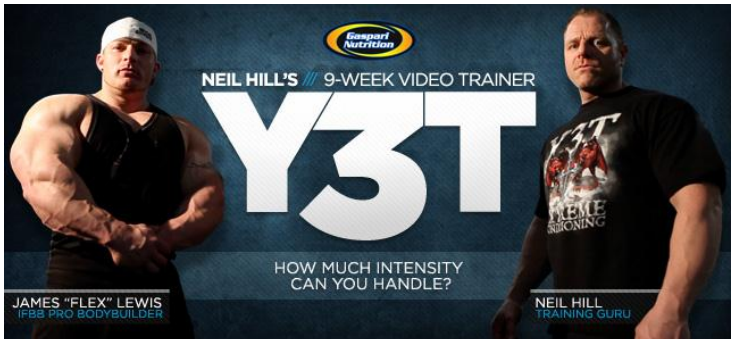
Goal → Muscle building → Endomorph → 35-50 → Any price

The programs suited to you:



Goal → Muscle building → Endomorph → 50+ → Free

The programs suited to you:



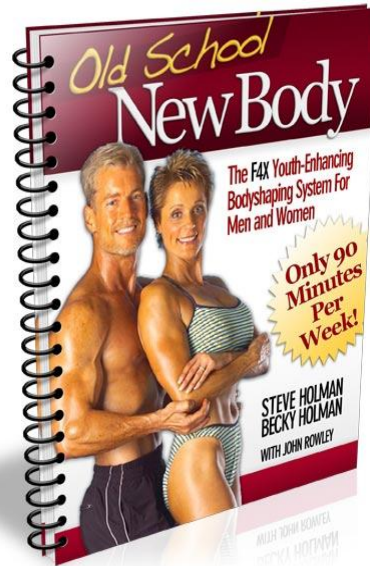
Goal → Muscle building → Endomorph → 50+ → Under \$20

The programs suited to you:



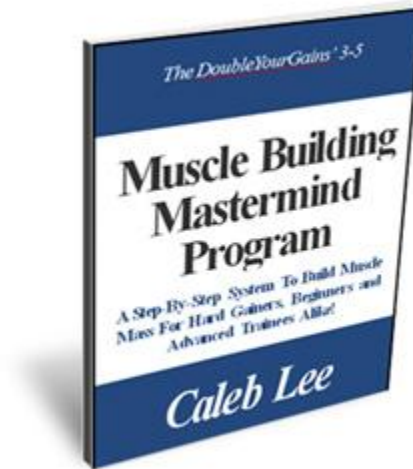
Goal → Muscle building → Endomorph → 50+ → Under \$40

The programs suited to you:



Goal → Muscle building → Endomorph → 50+ → Under \$60

The programs suited to you:



Goal → Muscle building → Endomorph → 50+ → Any price

The programs suited to you:



Goal → Strength gain → Ectomorph → 10-20 → Free

The programs suited to you:

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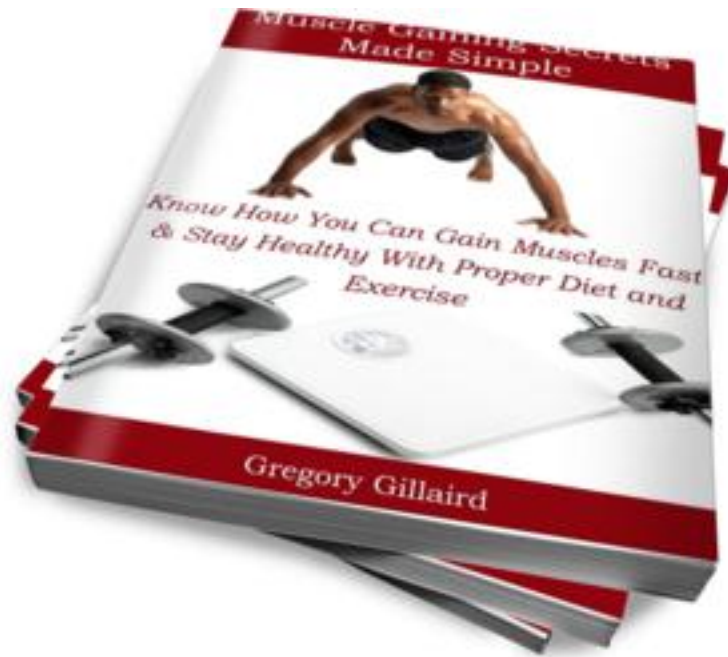
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The programs suited to you:

More information on body types

This concise guide is designed to help you find out which body type you are:

Ectomorph:

This person is naturally skinny, has little muscle mass or fat, has a small chest and has narrow shoulders.

Mesomorph:

This person is naturally muscular, has a prominent chest, has broad shoulders and has little fat.

Endomorph:

This person is naturally fat, has a large chest and shoulders and also has substantial muscle mass.