

Attention Busy Men & Women: If you're struggling to get results. If you don't have enough time to make healthy meals, or workout...

Travelling and Can't Get to the Gym? Too Busy to Get in Your Regular Work-out? No Gym nearby? No Money? No Problem. I've Got the Solution.

Your Lack of Time Shouldn't Be An Excuse for a Lack of Results.

(Neither Should A Lack of a Gym Membership)

Hello there!

My name is Chad Howse.

I'm a top selling fitness author. I have my own business. My own lofty goals. And like you, I have very little time. I love weight training, but I don't always have time to get to the gym, or to spend hours cooking healthy meals. Yet, I'm able to look like this year round...

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