



"Discover how to cut through hype like a razor blade and create the very best programs for fat loss, muscle gain, and athletic performance"

Now is your chance to take back the power to determine fact from fiction by reading, understanding, and applying cutting edge research



Mark Young
Creator, *How to Read Fitness Research*

Dear friend,

I don't know about you, but I am fed up with the state of the fitness industry. With every internet marketer creating a gimmick to sell their next product, misinterpretations of research by so-called-experts and the media, and made up rules that seem to govern every nutrition and exercise plan, I just can't take it any

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