

Athletic Body Workout



Give Me 10 Minutes And I'll Give You a Sure-Fire Plan to Help You Build a Strong, Lean Athletic Body

Coach Eddie Lomax, Author of the Athletic Body Workout was recently interviewed on a Health and Fitness Blog. In the interview, Coach Lomax revealed his top secrets for losing fat and building lean muscle mass while still boosting athletic performance. Read the transcript below:

An Athletic Body Workout for Men and Women: Interview with Coach Eddie Lomax

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