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MAX workouts were created by Shin Ohtake as the 90-Day Ultimate Fitness Program. The fancy eBook cover promises anyone can achieve some pretty reasonable goals by following the workout routine and complimentary add-on manual called New Lean Body Diet.

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Max Workouts is a 150+ page workout manual by a former competitive athlete and fitness trainer, Shin Ohtake. His main philosophy is that in order to increase your metabolism and build lean body mass you need to follow a short, yet intense workout regime.

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His world-famous fitness program, MAX Workouts, has

transformed and reshaped the bodies of thousands of people in over 100 countries - without requiring hours in the gym. Sign-up is 100% FREE: "The Workout & Nutrition Tips in Shin's 5 Day Lean Body Kick-Start Will Show You How To 'Trick' Your Body Into Producing a Flood of Fat-Burning Hormones"

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