



# Your Ultimate Body Transformation Plan: Get into the best shape of your life – in just 12 weeks

*By Nick Mitchell*

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## **Your Ultimate Body Transformation Plan: Get into the best shape of your life – in just 12 weeks** By Nick Mitchell

The 12-week plan for men to get into the best shape of their life. Burn fat, build muscle and get that ideal body.

This is an exercise book for men who want something a little bit special – a definitive plan that has worked time after time for thousands of people who live ordinary, non-gym and diet obsessed lives.

Building on the success of his first bookazine, which was the number one best-selling fitness book of 2013 – Nick Mitchell, trainer of trainers and owner of internationally renowned Ultimate Performance Gyms, provides a comprehensive guide to transforming your body.

- 12-week Foundation programme suitable for all levels and any goal
- Additional Specialisation workouts to sculpt your arms, back, chest, delts and legs
- Nutritional advice and guidance on supplements
- Comprehensive set of meal plans to maximise muscle building and fat loss
- Shazam the physical book to unlock exclusive training videos for every exercise (on the ebook, simply tap the relevant exercise to unlock)

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### **Editorial Review**

#### **About the Author**

Nick Mitchell is the founder of Ultimate Performance ([www.upfitness.com](http://www.upfitness.com)), the world's foremost personal training business, and is widely recognised as one of the world's leading personal trainers and body composition experts.

He is the author of the 12 Week Body Plan, the #1 UK Fitness book of 2013 and Amazon best-selling guide to building a cover model body.

Nick Mitchell is best known for his no-nonsense approach to teaching the real way to get in the shape of your life in the fastest time possible, he spends his time between London and Marbella and manages his UP Personal Training gyms across the globe (as of 2015 in London, Manchester, Glasgow, Marbella, Hong Kong, Singapore and Seoul).

He has written his own columns for Men's Health, Men's

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