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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 their workout routine. In addition to their complimentary add-on manual called the New Lean Body Diet.

Max Workouts Review – Why I Didn't Buy It

MAX Workouts: The 90-Day Ultimate Lean Body Fitness Program 90 days of

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professionally planned high-intensity interval, strength, and circuit workouts designed to blast off stubborn... Detailed workout charts -- I'll tell you exactly what exercises to do, what order to do them in, how fast to do ...

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Max Workouts: The Ultimate 90 Day Challenge. March 31, 2017 /

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Core Exercises: Side Plank (Left Side) Side Plank (Right Side) Flutter Kicks

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To begin, you'll receive step-by-step directions of 40 different exercises as well as a 90 day workout schedule that will explain to you exactly what workout to do each day, every day of the three month program. Cost/Price Plans. Their website says that you can receive the entire Max Workouts program and materials for just a one time charge of \$39.95.

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Max Workouts Reviews - Legit or Scam?

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As a brief overview, the Max Workouts fitness program is a moderately intense one, requiring you to train 5 days a week after you start up for it. These main 5 workouts of the week are divided between 3 Circuit workouts (for Monday, Wednesday and Friday) and 2 High Intensity Cardio Sessions (for Tuesday and Thursday).

How I Got Fit with Max Workouts in Just 90 Days

MAX WORKOUTS (The 90-Day Ultimate Lean Body Program for Men & Women)

MAX WORKOUTS: Search + FAQ

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