



## 51 Days: No Excuses

By Rich Gaspari

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### 51 Days: No Excuses By Rich Gaspari

In 51 Days No Excuses, Rich Gaspari invites you on a 51 day challenge to transform your body and mind with a no excuses approach at a lifestyle change. With the 51 day program, it is important you stay the course and realize that you are the only person that can hold you back. In this book you will not only receive a daily diet and exercise plan, but stories of overcoming obstacles, personal setbacks, and how to stay motivated in the face of adversity. It doesn't matter if your goal is to be a bodybuilder or to just get in better shape, you are going to get leaner, stronger, ripped and bigger in the right places with Rich's program as well as motivated. And you don't have to worry if you don't have all the right equipment, if you feel too small, or if you think you are past your prime. Rich's 51 day program will get you on the right track to looking and feeling great. Stop the excuses today and watch your body and mind change.

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### **Editorial Review**

#### **About the Author**

Rich Gaspari is a former professional bodybuilder who was inducted into the IFBB Hall of Fame in 2004. In 2001, he started his own supplement company, Gaspari Nutrition. He was the first winner of the Arnold Schwarzenegger Classic in 1989 and has appeared on numerous fitness and body building covers, including the October, 2011 issue of Iron Man.

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