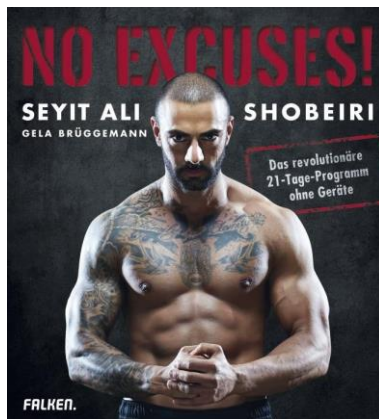


Do it right or do it better!



Seyit Ali Shobeiri, Gela Brüggemann

No Excuses!

[No Excuses!]

The revolutionary 21-day program without utensils

Falcken

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Seyit Ali Shobeiri – Coach Seyit – discovered as a young boy his passion for martial arts, and made this his avocation and then his profession, first as a personal and then a professional coach. He has since founded the Bodymanufactory, an association of coaches and physicians who have developed innovative fitness concepts from power sports, fitness, and nutrition for its members. The training program of this coach is one the hardest yet the most effective in the world and is used by professional athletes.

Gela Brüggemann, a freelance journalist, has been publishing topics on health, fitness, sport, and nutrition for various health and women's magazines for more than ten years.
www.gelabrueggemann.de

"From zero to hero" is the slogan of personal coach Seyit Shobeiri, because with his revolutionary training program you will guaranteed become fit and trim – in only 21 days. He has designed innovative and effective exercises from the areas of functional and plyometrics trainings and from natural gymnastic and the martial arts. The best is that Coach Seyit trains with you, almost as if he is in your living room. For each day there are your power workouts, recipes for breakfast, lunch, and dinner, and a motivation tip. Included here are essential training knowledge and everything that you must know about superfoods.

- CrossFit and functional training are the trends in the area of fitness
- Seyit Ali Shobeiri, the trainer of such celebrities as Jan Delay (author of the foreword) and Fernanda Brandao