

**FLEXERCISE**  
THE FLEXIBILITY PROGRAM

# POWERFLEX

**UNLEASH** the **POWER** in **YOU!**

by **Jim Forystek**



Foreword by  
**JOHN e PETERSON**  
author of *Building Yourself to Power*

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# Powerflex: Unleash the Power in You

Jim Forystek

Are you trying to find an application that can provide the utmost in actual fitness, dynamic solid health, and a superbly sculpted body? person who energizes each Powerflex: Unleash the Power in You cellphone on your physique with energy and vigor? one who calls for no weights, no gym, and no gear of any kind? when you've got responded yes, your seek is over!! In Powerflex, Jim Forystek teaches the precise options he individually used to remodel himself and his sons into the fantastic specimens you notice pictured during the workouts of this book. You'll by no means event one other uninteresting work out that easily burns you out and makes you damage anyplace you could have a joint. Instead, you'll how to use and maximize the latent energy on your personal physique that's simply ready to be unleashed. Divided into 8 weekly routines of 5 exercises, Powerflex teaches you to:- construct and form a huge, powerful, completely muscled chest.- enhance strong, rippling washboard abs that draw recognition on each beach.- retain a healthy, energetic, Powerflex: Unleash the Power in You versatile backbone for lifelong youthfulness.- Create a firm, powerful neck that tasks self assurance and private magnetism.- Sculpt a superbly built V-shaped back.- construct strong, attractive, tireless legs that may constantly move the distance.- Create well-rounded, robust shoulders.- increase awesome, completely formed hands that by no means tire.

## Powerflex Unleash The Power In You

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