



Advisor's Preface

These are words that you can ill afford to act on when it comes to your program of fitness and nutrition. To get fit and stay fit takes a commitment of time, and time is the most precious resource that you have. That's why I am delighted that you are reading these words, because I know that in this module you will be given the right roadmap to a leaner, healthier body and vibrant energy.

As a former IFBB Mr. Universe and world class professional bodybuilder, I have a deep comprehension of the principles which are vital to shaping and building your body. Join me then, as Cory Holly leads you into Module Six: Training & Exercise Philosophy. I assure you that you will enjoy this module as much as I did, and will receive much useful, applicable knowledge from it. Here's to your lean body!

*"If you don't know where you're going,
any road will take you there."*

Module Six

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