

Forum:[Hack Forums](#)

Thread: [FITNESS GUIDE FOR BEGINNERS - BOOK WITH DESKTOP APP || CHECK THIS OUT](#)

Graphic UNIVERSE - January 3, 2015, 9:47 pm

Thread Ads

[Lifetime package - Autobuy](#)

[Regular package - Autobuy](#)

0/2 Vouch copies available

vouches ([Click to View](#)) (Jan 5, 2015 01:31 PM)?Bluffer Wrote: [\[CITE\]](#) Hello, I've recieved a vouch copy of this ebook, and the following is my review.

Grammar: You can tell the author doesn't speak English as his first language, however he's still put in a good effort and you can still understand the ebook 100%.

The author of this book explains many things, from how you can motivate yourself, to what kind of exercise is best for certain body types, among other things.

He has also included a program that will help you keep track of your progress, this is an excellent thing to include with an eBook like this!

This ebook is definitely worth purchasing as it will help anyone by giving them the knowledge to lose weight, eat healthy, gain muscle, etc.

(Jan 4, 2015 12:20 PM)Turtle the Cat Wrote: [\[CITE\]](#) Ordered this ebook a couple hours ago and just got it now. Looks pretty beast right now though I'm not very far in to it. Will edit this post soon with updates.

(Jan 3, 2015 10:52 PM)ZappyLawns Wrote: [\[CITE\]](#) I vouch for this e-book I've known the owner for a while and hes been working REALLY hard on this.

(Jan 7, 2015 08:20 PM)DoctorSheep Wrote: [\[CITE\]](#) Legit Fitness book, already got a copy and it actually very descriptive.

NeighborhoodPothead - January 3, 2015, 9:51 pm

i will take a vouch copy for this book, thanks OP!

Imk.

CodeBinary - January 3, 2015, 9:52 pm

I vouch for this e-book I've known the owner for a while and hes been working REALLY hard on this.

Graphic UNIVERSE - January 4, 2015, 8:16 am

1 Vouch copy was given to vodka. I hope to hear his review soon. Still one more available

Turtle the Cat - January 4, 2015, 11:20 am

Ordered this ebook a couple hours ago and just got it now. Looks pretty beast right now though I'm not very far in to it. Will edit this post soon with updates.

God??? - January 4, 2015, 10:03 pm

I'll take one of the remaining vouch copies if you are willing

Skooppy - January 4, 2015, 10:20 pm

If you are wanting a high quality vouch, I'm able to do so if you want. Good luck with sales, seems promising with the desktop app.

Infinity. - January 4, 2015, 10:30 pm

Well if there's still any vouch copy available, I'll gladly take it.

Pew ? - January 5, 2015, 2:35 am

If someone needs to read a book for motivation instead of getting off their ass and envisioning their success they shouldn't even be trying.

GamersUnited - January 5, 2015, 4:01 am

I'll take that last vouch copy if possible. I'm actually trying to build a fitness plan as I'm trying to lose weight.

Gerion - January 5, 2015, 7:41 am

(Jan 5, 2015 05:01 AM)GamersUnited Wrote: [\[CITE\]](#) I'll take that last vouch copy if possible. I'm actually trying to build a fitness plan as I'm trying to lose weight.

Stop eating so much and watch the weight come off (-500 calories out of your TDEE)

@OP are you even fit yourself?

Graphic UNIVERSE - January 5, 2015, 7:52 am

(Jan 5, 2015 08:41 AM)Gerion Wrote: [\[CITE\]](#) @OP are you even fit yourself?

I am fit. 67kg of pure rock solid muscle :)

BTW I am racing motocross so weight like this is the ideal one for me. The most important part is the endurance.

Op flies away ?

Gerion - January 5, 2015, 7:54 am

(Jan 5, 2015 08:52 AM)Graphic UNIVERSE Wrote: [\[CITE\]](#) I am fit. 67kg of pure rock solid muscle :)

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Op flies away ?

Body fat percentage at the moment?

Might want to include what you look like.

Graphic UNIVERSE - January 5, 2015, 8:03 am

(Jan 5, 2015 08:54 AM)Gerion Wrote: [\[CITE\]](#) Body fat percentage at the moment?

Might want to include what you look like.
I am 186cm tall, 67kg, body fat 4.18% (measured by skinfold method)

Bluffer - January 5, 2015, 12:31 pm

Hello, I've recieved a vouch copy of this ebook, and the following is my review.

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This ebook is definitely worth purchasing as it will help anyone by giving them the knowledge to lose weight, eat healthy, gain muscle,etc.

Graphic UNIVERSE - January 5, 2015, 12:59 pm

(Jan 5, 2015 01:28 PM)Darctan Wrote: [\[CITE\]](#) All the information is free, provided in health wise section. Why would anyone want to pay for it? You just want to rip off people who have not been in that section...

I am not selling any free stuff. I am selling guide, my experience, my recommendation and my program. This is not the stuff you are just going to find or google.

I would't make sale thread if it is not worth selling it.

Hire - January 5, 2015, 1:10 pm

Since when does Omni sell stickies in the lounge, Ffs. This is literally the last place where i want to see them.

Goodluck with sales though.

Black Diamond - January 5, 2015, 2:54 pm

I guess for HF this is rather cool, but regardless there are many many FREE credible sources for fitness information and training, already readily available via Google search.

Especially with free mobile applications like MyFitnessPal that track full progress including diet, intake, etc, paying for this would be rather pointless. But again, cool I suppose.

Graphic UNIVERSE - January 5, 2015, 3:14 pm

(Jan 5, 2015 03:54 PM)Black Diamond Wrote: [\[CITE\]](#) I guess for HF this is rather cool, but regardless there are many many FREE credible sources for fitness information and training, already readily available via Google search.

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Well some of apps are free but bombing you with ads some other not Anyway this is guide for everybody especialy beginners which will customize whole fitness plan to the persons as they want to. And point that you can even have a shorter trainings and still get the results. For all of those who can't find their way in fitness I think this will definitely help them. Thanks for sharing your opinions.

Gerion - January 5, 2015, 3:32 pm

(Jan 5, 2015 04:14 PM)Graphic UNIVERSE Wrote: [\[CITE\]](#) Well some of apps are free but bombing you with ads some other not Anyway this is guide for everybody especialy beginners which will customize whole fitness plan to the persons as they want to. And point that you can even have a

shorter trainings and still get the results. For all of those who can't find their way in fitness I think this will definitely help them. Thanks for sharing your opinions.

I haven't seen one ad on any of my fitness apps ?

Raddify - January 5, 2015, 8:01 pm

I might buy this. I currently have some workout's that take only 8 minutes. Did you have any testers?

Graphic UNIVERSE - January 6, 2015, 8:05 am

(Jan 5, 2015 09:01 PM)Sly Cooper Wrote: [\[CITE\]](#) I might buy this. I currently have some workout's that take only 8 minutes. Did you have any testers?

Well in guide you will read everything about short/long workouts which will help you to pick the best ones for yourself that will make you achive your goals. Yeah it is possible to do shorter workouts and still have a decent result. Everything is explained in book.

I have given out vouch copies some of them replied ,some other not. Anyway if you decide to buy a guide contact me if you have any questions.

90210 - January 6, 2015, 7:02 pm

This looks like a very good product! Good luck with sales! May pick this up in the future.

Pablo - January 6, 2015, 11:50 pm

This is good fitness ebook? like to see vouches!

Graphic UNIVERSE - January 7, 2015, 4:56 pm

@Pablo

I am going to post all vouches as soon as I will receive them.

Thank you for showing interest.

Frawshy - January 7, 2015, 6:16 pm

What makes this better than anything that can be found online?

Also, motivation only goes a short way, you need discipline to actually get somewhere.

If people are looking for REAL working helping, PM me and it'll be free.

Graphic UNIVERSE - January 7, 2015, 6:30 pm

(Jan 7, 2015 07:16 PM)Frawshy Wrote: [\[CITE\]](#) What makes this better than anything that can be found online?

Also, motivation only goes a short way, you need discipline to actually get somewhere.

If people are looking for REAL working helping, PM me and it'll be free.

It makes it better that it contain all content that is needed to know and have in your head. I am not talking here on some stuff that everybody do but the things that are strong base to make success. If somebody is na n00b and have some little interest to get fit or do anything that he want from his body with my help it will be possible to achive it and the most important is that everything will be fun which will keep you very motivated. It talks about that how easy some things are to achive if you give it a try.

Zink - January 7, 2015, 7:20 pm

Legit Fitness book, already got a copy and it actually very descriptive.

Pernille - January 7, 2015, 8:28 pm

HUGE VOUCH! My before (07/01/2015 - 11:26PM) and after (07/01/2015 - 11:27PM) photo.

It only took me 48 seconds to gains pounds of PURE MUSCLE! This guide is a must read!!

[img]http://gettrippedathome.com/wp-content/uploads/2012/02/Chad-Before-After.png[/img]

DamienVC - January 7, 2015, 8:50 pm

Yeah if anyone thinks that the guy above gave a vouch, lol...
It seems just like trolling to me.

48 seconds. ?

Frawshy - January 8, 2015, 5:53 pm

(Jan 7, 2015 07:30 PM)Graphic UNIVERSE Wrote: [\[CITE\]](#) It makes it better that it contain all content that is needed to know and have in your head. I am not talking here on some stuff that everybody do but the things that are strong base to make success. If somebody is na n00b and have some little interest to get fit or do anything that he want from his body with my help it will be possible to achive it and the most important is that everything will be fun which will keep you very motivated. It talks about that how easy some things are to achive if you give it a try.

Something tells me this won't be a very good e-Book if you don't even have proper grammar... You can barely form a correct sentence when trying to explain something. As well as all the information being WIDE FUCKING open on the internet, plain sight.

Graphic UNIVERSE - January 8, 2015, 7:22 pm

(Jan 8, 2015 06:53 PM)Frawshy Wrote: [\[CITE\]](#) Something tells me this won't be a very good e-Book if you don't even have proper grammar... You can barely form a correct sentence when trying to explain something. As well as all the information being WIDE FUCKING open on the internet, plain sight.

Well that is your opinion. Anyone who bought it until now has not said anything that is not quality.

pearl - January 9, 2015, 10:42 am

Sounds good OP i needed this very badly. My mom keeps shoutin' on me to stay healthy and eat healthy. Right now i have fat belly and not mentally and physically well. Can i get a vouch copy?

Graphic UNIVERSE - January 9, 2015, 10:57 am

(Jan 9, 2015 11:42 AM)pearl Wrote: [\[CITE\]](#) Sounds good OP i needed this very badly. My mom keeps shoutin' on me to stay healthy and eat healthy. Right now i have fat belly and not mentally and physically well. Can i get a vouch copy?

Not giving vouch copies anymore. sorry.

pearl - January 9, 2015, 11:05 am

(Jan 9, 2015 11:57 AM)Graphic UNIVERSE Wrote: [\[CITE\]](#) Not giving vouch copies anymore. sorry. Its k OP. Would buy soon if i get any money early as possible.

Graphic UNIVERSE - January 10, 2015, 6:34 pm

Thanks for buying my guide! I hope it helps you a lot. I have lower the price for the last day of the sticky so hurry up!

Private Network - January 11, 2015, 5:41 am

Ive never seen an sticky in the lounge...

Graphic UNIVERSE - January 11, 2015, 5:55 am

(Jan 11, 2015 06:41 AM)JesseTheLegend Wrote: [\[CITE\]](#) Ive never seen an sticky in the lounge...
You have to give cookie to Jesse then you can have it :P

Region - January 11, 2015, 6:13 pm

have you actually sold any of this eBook? HF isn't the place people come to get in good shape haha.

Graphic UNIVERSE - *January 11, 2015, 7:26 pm*

(Jan 11, 2015 07:13 PM)Region Wrote: [CITE](#) have you actually sold any of this eBook? HF isn't the place people come to get in good shape haha.

Well yeah, until now I sold 6 copies on forum. Probbably this is not the best place to make this kind of sales but overall I have made over 20 sales so I am happy with project. ?