

## The Pma Method Stronger Leaner Fitter In 14 Days

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The Garuda Method is your answer to a stronger, leaner, more flexible and toned body. Try our virtual classes and enjoy an extra 10% discount for PMA members, valid on all courses! Just select your course and apply the code at checkout.

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The most potent human beings to ever walk the Earth were lean, fit, happy and lazy. They never forced themselves to endure fearsome workouts or tasteless, low-fat food. Today, regardless of age, weight or gender, anyone can also become Leaner, Stronger, Happier, Fitter by simply eating like a king, playing like a child and living life to the full.

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**Leaner - Leaner**  
The method below was created by one of the most spectacular deadlifters of all time, a man who deadlifted 730 pounds (330kg) with one hand and 840 pounds (380kg) with the traditional mixed grip. And those lifts were achieved in the 1920s, decades before steroids were invented, 15 years before testosterone was first synthesized, and without any ...

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So effective is The Sculpt Method formula, that many students lose inches around their waist, thighs and bottoms after only 8-10 sessions. "After just 10 classes, Ive lost 1.5 inches around my thighs" Roxanne Jane "My arms feel leaner and stronger. Bye bye bingo wings!" Sonia Kearns "No other class concentrates on the waist area.

**The Sculpt Method - taller, leaner, stronger**  
The most potent human beings to ever walk the Earth were lean, fit, happy and lazy. They never forced themselves to endure fearsome workouts or tasteless, low-fat food. Today, regardless of age, weight or gender, anyone can also become Leaner, Stronger, Happier, Fitter by simply eating like a king, playing like a child and living life to the full.