



The 3D Body Revolution: Driven, Determined, and Disciplined to Achieve Your Best Health

Donald Driver

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Featuring 25 recipes and 36 exercises illustrated with clear step-by-step photos, The 3D Body Revolution shares the secrets of the world's most elite athletes for getting super strong, super lean, super fast.

Beloved, record-setting wide receiver for the Green Bay Packers Donald Driver retired in 2012 and since then has won Dancing with the Stars (2012) and written a bestselling memoir, Driven. Known for his power on the field, he took a break from his intense workouts after retiring--and found himself sluggish and unhappy.

He took it upon himself to get back into the best shape of his life--and along the way has become THE go-to guy for training other pro athletes as well as regular people just looking for a great workout at his Dallas gym Driven Elite Fitness and Health Center. With his trademark motivational energy and charisma, he now shares his 3D's: the determination to eat for weight loss; the discipline to achieve high-intensity, muscle-building workouts; and the drive to push yourself to your best. Whatever your starting level, this workout blueprint will guide you to peak performance, with targeted nutritional and motivational advice for each of its 3 levels. Filled with insights and insider stories from his life on and off the field, Driver also offers a clean eating plan with 25 recipes targeted to caloric needs as well as 50 photos of him demonstrating the exercises. This is your path to peak performance and phenomenal fitness.

Be Determined. Get Disciplined. Drive to Greatness.

The 3D Body Revolution: Driven, Determined, and Disciplined to Achieve Your Best Health Details

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From Reader Review The 3D Body Revolution: Driven, Determined, and Disciplined to Achieve Your Best Health for online ebook

Michael says

Super!

Chris says

Great book! It will help you set up your own exercise routine and get your nutrition goals figured out! Well written and easy to understand. If your serious about getting in shape and healthy again definetly recommend the read!

Michelle says

Awesome read and couldn't put it down. It made my shelf for daily work out books. Can't wait to get done healing from surgery to try out what I learned from the book.

Elaine Lovejoy says

My husband has been using the good advice in this book for work outs and nutrition

Nancy says

Well illustrated and highly organized for young or middle age adults.

Jessica says

I received this book from a Goodreads giveaway. I was a bit nervous at first thinking that the workouts programs suggested would be more geared towards males and would be too challenging for a female. But, I found otherwise. I could definitely follow his workouts suggestions and benefit from them. I also enjoyed the section on eating clean which helped me learn what types of foods my body needs to be healthy and feel good. Overall, this was an aspiring and informative book for a health conscious person.

Mar says

The book is fine. Driver reviews good exercise, healthy eating and concludes with meal plans and recipes.

Joyce says

Very easy to follow; good instructions; good pictures and very good suggestions for success.

Lexy says

I won this book in a giveaway and I am so glad I did! This book is very detailed on explaining food preparation and the workouts have pictures to show exactly how to have your body placement. I would recommend this book to anyone who is looking to have a better understanding on nutrition and cardiovascular fitness.

Mark says

I was a lucky winner of this book here on Goodreads.com & am very glad I did. Donald's examples & direction he provides for fitness are excellent. He is so encouraging throughout the book & I bet he would be awesome to work out with too!! Looking forward to any other books he puts out!!

Nancy says

This is a great book on fitness and nutrition. Driver is down to earth and realistic. He gives 3 basic fitness routes to start: beginner, intermediate, or advanced. I started with his intermediate level and really liked the suggested plans even though I changed up a few of the exercises. And his nutrition advice is sane and doable. For instance, he keeps carbs on the menu and doesn't promote protein supplements. This is probably my favorite book of it's kind. It is a worthy read for anyone into fitness.

Reina says

Love that this book gives you tons of different workouts with detailed instructions as well as pictures throughout the exercise that show the form in a more visual way from start to finish. (seriously cracked me that they had him smile for EVERY picture. who does that when they're working out?! If only we all looked that smiley and pretty while getting our fitness on! haha) It has the whole training program with different levels so that it can work for beginners as well as more seasoned athletes. It has charts so you can complete the workouts and track weight, reps, time spent. Tons of info on diet as well with recipes and caloric intake amounts.

I received a free copy of this book from the publisher.

Brandi says

Donald Driver's "The 3D Body Revolution: Driven, Determined, and Disciplined to Achieve Your Best Health" is an excellent book for those starting a work-out/nutrition routine. The book is well-illustrated and easy to understand. The author demonstrates how the exercises are done through a series of photos as opposed to many fitness authors who tell readers how to do specific exercises without any graphics, which could easily lead to the reader doing the exercise incorrectly. As the old adage goes, a picture is worth a thousand words, and the help greatly in this book.

My favorite chapter is #4, "First Gear" or the Beginner Program. He doesn't throw too much at beginners that might cause burn-out. Rather, he eases them in. I also really like the Recipe section. I won my copy of this book from a Goodreads giveaway and I am grateful that I did, as I believe I will be getting a lot of use out of this book. 4.75 stars.

Brucie says

clear and correct intense exercise and eating for health

Colin says

An easy and interesting read. Unlike some other fitness and nutrition books, this one helps the reader recognize the right attitude they need to cultivate in order to have success. I would recommend this book to anyone looking to improve their personal fitness. I won this book on a giveaway.
