



# The Movement: How I Got This Body By Never Going To The Gym In My Life.

By Jack Garbarino

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The incredible story of Jack Garbarino, founder of The Movement workout. In 2009, Jack was at rock bottom. He weighed nearly three-hundred pounds, he couldn't walk up a flight of stairs without getting out of breath, and worst of all, he had given up hope of ever getting fit. Today, he's a hundred pounds lighter, with a growing fitness empire and a killer bod. The secret of his success? The Movement, a workout that consists entirely of moving boxes and furniture. Now that The Movement is taking America by storm, Jack is finally ready to tell his story. From the childhood friendship with Steve Jobs that inspired him, to his touching mentorship of a jungle child named Dende, this self-help novel will make you laugh, cry, and think. And it might even help you lose a few pounds, too.

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