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Lose Weight Fast: The Fat Burner Exercise Plan...Work Out Your Way To a Slimmer You

Susie Starr

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Lose Weight Fast: The Fat Burner Exercise Plan...Work Out Your Way To a Slimmer You Susie Starr
Why Choose This Book?

Are you feeling worn out and beaten up due to your excessive workout programs? Is that exercise schedule killing you slowly each day? Are your muscles slowly tearing away with every lift you're having? Is your body about to give up with your weight loss efforts? Do you think it's time for you to see results but they aren't there? Well, The Fat Burner Exercise Plan says you need to take a break! With this book, you're taught ways lose some pounds without feeling all worn out. It even tells you to take your well needed rest! Go on, take a peek and break a sweat doing it.

What's Inside?

Chapter 1 - Starting Out on the Right Foot
Chapter 2 - Coming Up With A Plan
Chapter 3 - Slowly But Surely
Chapter 4 - Feel the Burn
Chapter 5 - Seeing the Changes in Your Body
Chapter 6 - Turning Up the Heat
Chapter 7 - Take Out the Excess
Chapter 8 - Let the Fat Burning Begin
Chapter 9 - Keep It Up
Chapter 10 - Getting the AfterBurn

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Ruth Hill:

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