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The Ultimate Exercise: Lose 10 Pounds of Fat. . . in Only 10 Days! the Ultimate Weight Loss Formula.

By Nicholas Black

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.What is The Ultimate Exercise all about? We have gathered up lots of really cool, reliable, and tested exercises, lined them out by days, which will allow anyone to use this book as an exercise journal. This will not only be a teach tool, and educational aide, but also valuable in recording which exercises you have performed as they strive to reach their personal fitness goals. Our main tool in this effort is an exercise we refer to as the Man-Maker. That along with a few other choice exercises you could do anywhere (gym or no gym), and good nutrition sensible nutrition. You are going to lose 10 pounds in the next 10 days if you follow our advice. It won't be easy, but it is certainly possible. So what's our goal with all of this? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on...



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