



The 30-Day Core Cardio Fitness Challenge (Paperback)

By Dale L Roberts

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Workout Routine to Get Hard Core Abs Get a ripped midsection-fast-with this challenging 30-day program. Do you need to lose weight fast and naturally without dieting? Are you looking for a bit of fitness independence or a little motivation? Then The 30-Day Core Cardio Fitness Challenge is for you if you are looking for a way to lose weight and keep it off! This book of cardio and core exercises for men and women includes: The Best Core Workout For A Tight Midsection - Ideal for Beginners!The Ideal Workout Plan and Exercise Routines at Home for Men AND WomenThe 4-Minute Speed Circuit: Boost metabolism with this fast-paced routine2 Books on Core Cardio Training Programs for Weight LossWhy Your Body is the Best Workout Tool You ll Ever UseGet Maximum Results with Minimum EquipmentAnd, so much more!Get Shredded Today, So Order Your Copy NOW!.



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