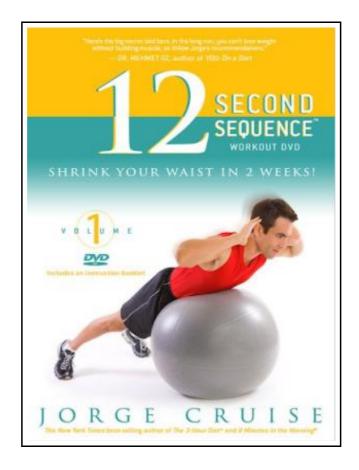
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Reviews

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Dr. Barney Robel Jr.)

THE 12 SECOND SEQUENCE WORKOUT: SHRINK YOUR WAIST IN 2 WEEKS!



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Hay House Inc, United States, 2008. DVD video. Book Condition: New. 180 x 138 mm. Language: English . Brand New Book. The 12-Second Sequence Workout DVD: Volume is the first in Jorge Cruise s revolutionary new fitness collection. The 12-Second Sequence is a revolutionary way to shrink your waist in just two weeks. Strength train with this DVD for 20 minutes just twice a week and restore precious fat-burning muscle, which has been proven to target belly fat and rev your metabolism by 20 percent every day. Change your body with Jorge s simple and personalized coaching sessions, plus check out the free DVD booklet inside, which includes a detailed explanation of how the program works, diet and nutrition guidelines, and testimonials from actual clients who reached their goals.



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