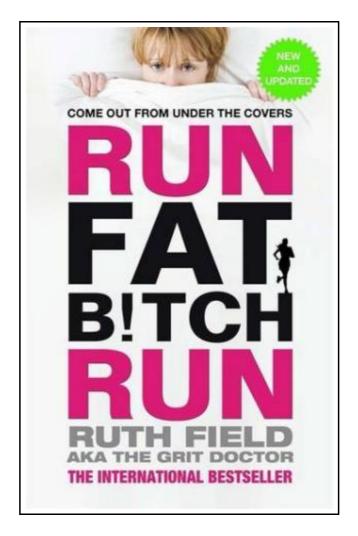
Run Fat Bitch Run



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

RUN FAT BITCH RUN



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Run Fat Bitch Run, Ruth Field, IT'S TIME TO GIVE THOSE SKINNY B!TCHES A RUN FOR THEIR MONEY 'You'll be up and running in no time at all' Grazia Is there a large arse-shaped dent in your sofa? An eye-wateringly expensive (and rarely used) gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under the duvet? Then it's time you face the truth: the only option is to lace up your trainers and hit the ground running. Funny and brutally honest, Ruth Field and her straight-talking alter-ego The Grit Doctor will give you yes, you - the push you need to start pounding the pavements and shedding pounds in no time. *Locate your inner grit and long-lost energy with a completely foolproof beginners' programme *Enjoy carbs without guilt with The Grit Doctor's tasty and nutritious recipes *Now includes marathon training plan to transform you from casual jogger to elite(ish) athlete If you want to lose weight, get fit and become and ass-kicking, gets-things-done superwoman, there's only one thing left to do .RUN! 'Ruth is an inspiring running buddy' Daily Express.



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