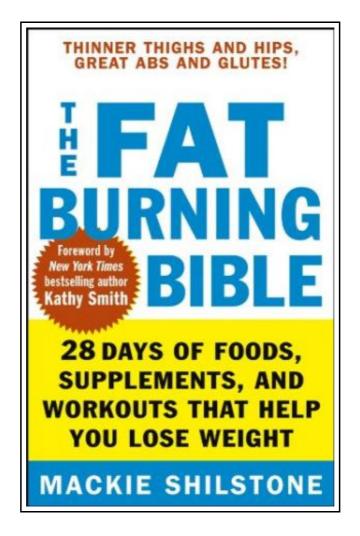
The Fat-Burning Bible: 28 Days of Foods, Supplements, and Workouts That Help You Lose Weight



Filesize: 1.18 MB

Reviews

An incredibly great book with perfect and lucid reasons. It really is writter in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf. (Curt Bogan)

THE FAT-BURNING BIBLE: 28 DAYS OF FOODS, SUPPLEMENTS, AND WORKOUTS THAT HELP YOU LOSE WEIGHT



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Wiley. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.5in. x 5.7in. x 0.7in.One of the most comprehensive nutritional and exercise programs Ive ever encountered. This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat. --From the Foreword by Kathy SmithMackie Shilstone is famous for helping world-class athletes and business titans look great and achieve peak performance. Now, he presents an all-new approach to burning fat for both women and men. Drawing on Mackies unique nutrition and exercise programs, The Fat-Burning Bible gives you the secrets and tools to increase your metabolism, target the parts of your body that carry excess fat, and see results in just four weeks. Inside youll find: 6 levels of targeted meal plans and 74 recipes featuring low-fat, low-glycemic, high-flavor foods Mackies all-new gender-specific cardio, circuit, and core-training routines 64 step-by-step photographs illustrating the customized exercises Must-know information on 6 highly effective fat-burning supplements Real-life success stories of Mackies clientsThis is the only weight-loss bible you will ever need to burn fat, slim down, and look great! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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