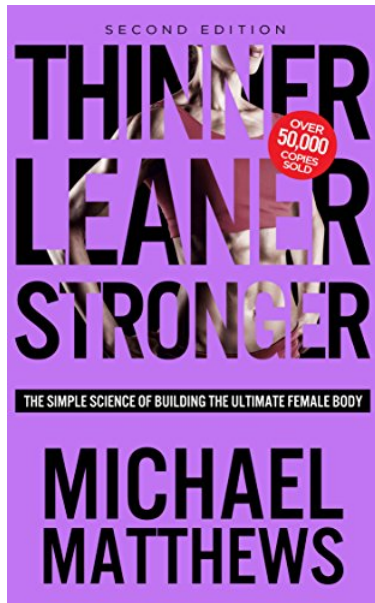


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If you want to be toned, lean, and strong as quickly as possible without crash dieting, good genetics, or wasting ridiculous amounts of time in the gym and money on pills and powders...regardless of your age... then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. Those are just a few of the harmful lies and myths that keep women from ever achieving the lean, toned, strong, and healthy bodies they truly desire. In this book you're going to learn something most women will never know. The exact formula of exercise and eating that makes losing 10 to 15 pounds of fat while building lean, sexy muscle a breeze and it only takes 8-12 weeks. This book reveals things like... Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. The bottom line is you CAN achieve that Hollywood babe body without having your life revolve around it. No long hours in the gym, no

starving yourself, no grueling cardio that turns your stomach. With this book you'll also get a free 119-page bonus report where you'll not only find an entire year's worth of workouts for the program but also Mike's personal product and supplement recommendations and recipes from his bestselling cookbooks!

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