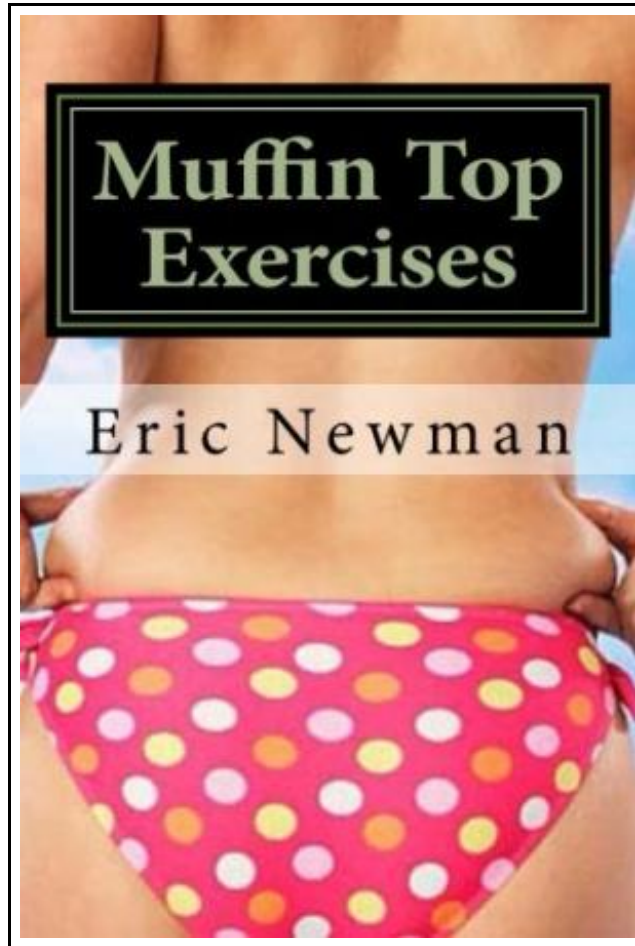


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Wishing for a toned, flat stomach and doing hundreds of sit-ups a day doesn't work. So what does work? In this book you will learn how to get rid of your muffin top, forever, with just twenty minutes of simple, effective exercises per day. The Muffin Workout is for those who are ready to lose their muffin top once and for all. It's designed to shrink your waist, strengthen your core and eliminate body fat. You may have heard the term Muffin Top recently but it's not referring your favorite breakfast food. A Muffin-top is the slang term of overhanging fat when it spills over the waistline of pants resembling a muffin spilling over its casing. This generally occurs when an individual wears low-rise, tight pants, or tops that are too small. No matter what you call it, women around the globe suffer from this stubborn bulge spilling over their waistband. And no matter how many sit-ups you do, it just won't melt away. This is not a cookie-cutter Ab workout. The goal is to have you shred fat while toning and strengthening your core muscles. It won't be easy, there are three very challenging routines. It's a journey that will take you time to get results but the results will be worth it. Muffin Top Workout will: \*Melt Away Your Muffin Top! \*Ignite Your Metabolism! \*Strip Away Belly Fat! \*Tone Your Abs! \*Help you live a healthier and happy life The program was designed by Eric Newman who has over 15 years experience in the health and fitness field and has seen first-hand what works and what doesn't...



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