



Female Fitness: Build the Sexy Body, the Ultimate 10 Week Weight Training, Cardio and Yoga Workout, 16:8 Fasting Diet for Increased Fat Loss, Workout for Models, 50 Meals Bonus to Look Great (Paperback)

By M Laurence

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want that sexy model body? Are you unsure of which exercises, diet plans or supplements to take? The fitness industry is full odd-ball fitness routines, overly complex meals and pointless pills. I take things back to basics, back to a purely results driven and time efficient regime. How?I combine a 10 Week high energy weights, cardio, Yoga workout with a full diet plan for every single day plus with the turbo charger - Intermittent Fasting 16:8. This is fat blaster really helps light up your body toning efforts to create a leaner and sexier you. Whether you want to get into modelling, social media fitness, or simply want to tone up and lose fat this regime will power you towards that goal. We can create the best body you always knew you had by building the body you desire.BONUS: I also include 50 amazing simple and delicious breakfasts, lunches, dinners, snacks and smoothies all designed to include nutrients to give your skin exactly what it needs to look healthy and radiant. Many people have heard about Intermittent Fasting,...



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