



Burn Fat with the Metabolic Blowtorch Diet: The Ultimate Guide for Optimizing Intermittent Fasting: Burn Fat, Preserve Muscle, Enhance Focus and Transform Your Health (Paperback)

By Jay Campbell

Archangel Ink, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Congratulations! You've just discovered the greatest fat loss protocol ever created in the health and fitness industry. After decades of real-world experimentation in the gym, and deep research into the science of how the human body can achieve ultimate health, fitness experts Jay Campbell and Jim Brown have successfully helped thousands of men and women achieve toned, muscular, and world-class physiques. And now, you have in your hands the step-by-step system they use for going from lifetime dieter to lifetime fat-burning machine. It's called The Metabolic Blowtorch Diet. While other intermittent fasting protocols deliver inconsistent benefits at best, their solution has been modified and tweaked to help everyone burn fat, from average Joe to elite fitness competitors at the highest level. The Metabolic Blow Torch Diet goes far beyond fast and efficient fat loss to deliver a superior lifestyle template which will teach you how to: Guarantee maximum muscle preservation and improved definition Skyrocket your energy levels to heights you didn't realize were possible Eliminate your hunger cravings and food addictions once and for all Customize a diet and training regimen...

Reviews

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