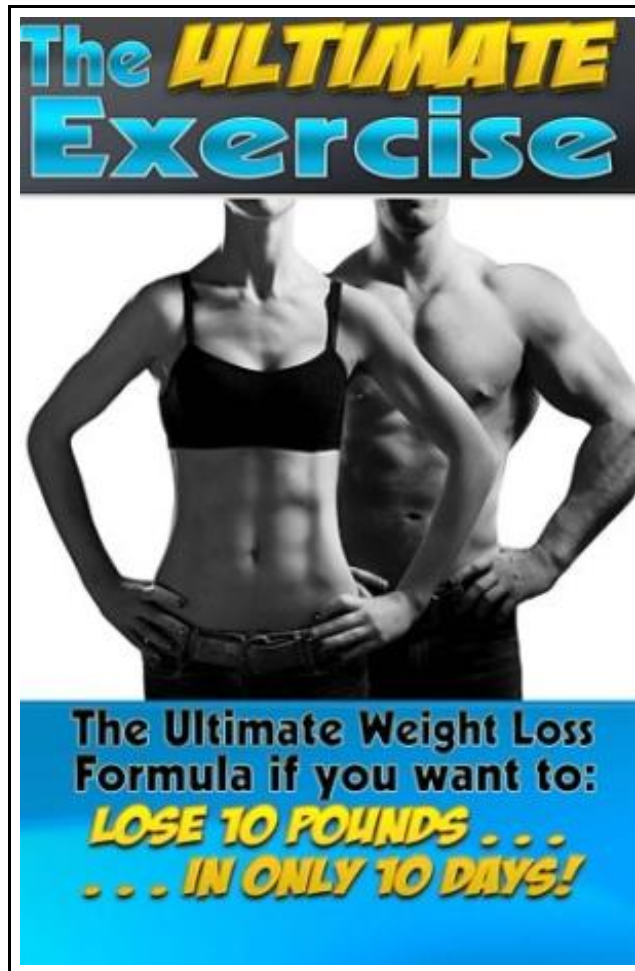


The Ultimate Exercise: Lose 10 Pounds of Fat. . . in Only 10 Days! the Ultimate Weight Loss Formula.



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.



(Dominic Collins)

THE ULTIMATE EXERCISE: LOSE 10 POUNDS OF FAT. . . IN ONLY 10 DAYS! THE ULTIMATE WEIGHT LOSS FORMULA.



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.What is The Ultimate Exercise all about? We have gathered up lots of really cool, reliable, and tested exercises, lined them out by days, which will allow anyone to use this book as an exercise journal. This will not only be a teach tool, and educational aide, but also valuable in recording which exercises you have performed as they strive to reach their personal fitness goals. Our main tool in this effort is an exercise we refer to as the Man-Maker. That along with a few other choice exercises you could do anywhere (gym or no gym), and good nutrition sensible nutrition. You are going to lose 10 pounds in the next 10 days if you follow our advice. It won't be easy, but it is certainly possible. So what's our goal with all of this.? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it's all about metabolism. Metabolism can be summed up as all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your resting metabolic rate would be the amount of calories your body is burning when you are at rest - sleeping, napping, watching women's golf, etc. Our goal is to add lean tissue and in turn elevate our...

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