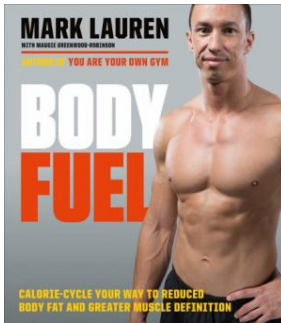


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## BODY FUEL: CALORIE-CYCLE YOUR WAY TO REDUCED BODY FAT AND GREATER MUSCLE DEFINITION



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Body Fuel: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition, Mark Lauren, Fitness phenomenon Mark Lauren has shown thousands of people around the world how to get in shape fast through his bestselling book, You Are Your Own Gym. Now, for the first time, Lauren reveals his unique eating plan to supercharge your metabolism, build and preserve muscle, burn fat and boost energy. The Body Fuel diet is made...

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