

Weight Loss: This Book Includes: Intermittent Fasting + Strength Training + Bodybuilding (Paperback)



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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.
(Nakia Toy Jr.)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do You Want to Burn Fat, Get Lean and Build a Strong Athletic Body? Then this extraordinary **WEIGHT LOSS - 3 Book Bundle** will help you achieve your fitness goals!!! **WEIGHT LOSS** includes the following books: (1) Intermittent Fasting (2) Strength Training (3) Bodybuilding The first book, Intermittent Fasting, will teach you how to develop an amazing looking body by practicing Intermittent Fasting. This book will teach you what Intermittent Fasting is and how you can begin this Amazing Weight Loss Lifestyle so that you can Lose Fat, Look Good and Feel Great all the time! This book will teach you the different kinds of Intermittent Fasting Schedules and Methods that you can use in order to make Fasting part of your everyday life. This book will teach you about nutrition and goes over simple meal plans that you can prepare in order to help you with your Intermittent Fasting Lifestyle. This book goes over simple Intermittent Fasting Tips and Strategies that will help you along your Fat Loss Journey. This book will also teach you the Real Secret to Permanent Fat Loss and that secret is Intermittent Fasting. The second book, Strength Training, will teach you how to go from a Beginner Strength Training Athlete to an Advanced Strength Training Athlete. This book will teach you the amazing 5X5 Workout Program for the purpose of helping you to get Stronger. This book goes over the important muscles you will need to exercise for getting STRONGER: Legs, Back and Chest Muscles. This book provides information on recipes, the importance of eating healthy and getting enough rest for the purpose of getting STRONGER. This book guides you through the process of getting STRONGER...



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