



Women s Fitness: 6 Week 5:2 Fasting Diet and Training, Sexier Leaner Healthier You! the Essential Guide to Total Body Fitness, Train Like a Warrior Look Like a Goddess (Paperback)

By M Laurence

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This 6 Week workout and diet plan will sculpt your body FAST with 5:2 Fasting. We will reveal the best body you always had! Have you wanted to get into amazing shape but weren t sure where to start? Do you want to that slender summer body? Then let s get muscle sculpting, burning calories with high intensity Cardio, with body streamlining Yoga and the secret ingredient to get you the body you always wanted - 5:2 Intermittent Fasting - to make a Turbo Charged fat burning regime. 8 Reasons to Make this Book an Essential Part of Changing your Fitness Life: 1) A simple to follow 6 week training cycle 2) Fantastic weights workouts all fully listed with reps and sets 3) Varied Cardio exercises designed to shock the muscles into growth and therefore tone 4) A full Yoga workout for stretching and flexibility 5) All 6 weeks of meal plans with Macro Nutrients listed 6) The 5:2 Intermittent Fasting low calorie meal plans for 2 days of the week 7) A list of low calorie but nutrient...

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