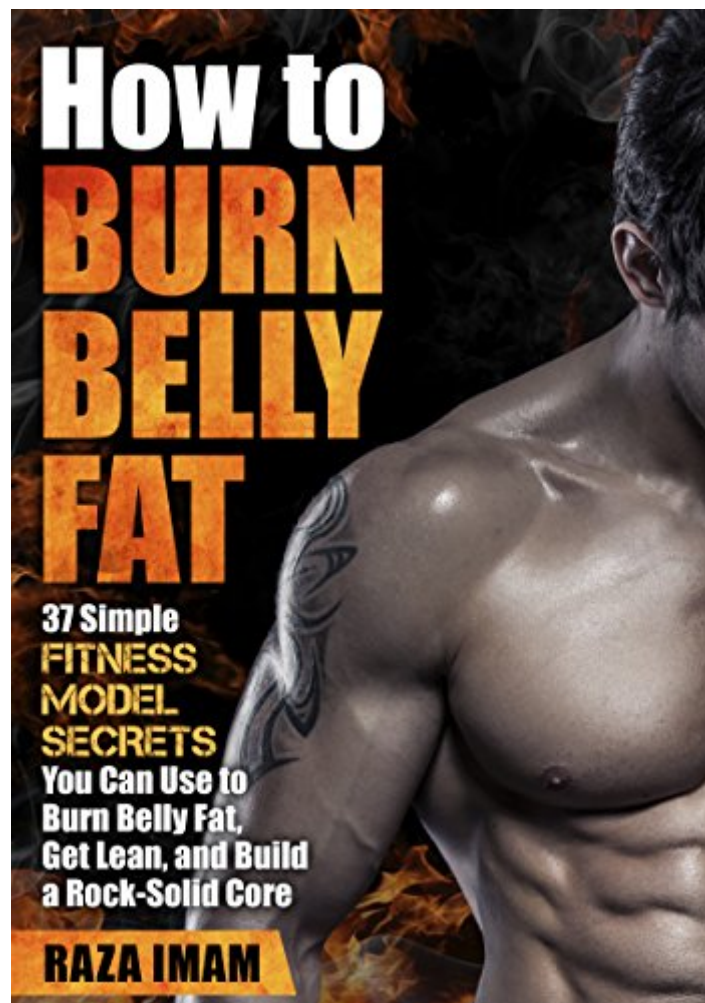


The book was found

How To Burn Belly Fat: 37 Fitness Model Secrets To Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips)



Synopsis

#1 Best Selling Men's Health & Fitness Author Reveals How to Lose Belly Fat by Revealing 37 Secrets Fitness Models, Celebrities, and Pro Bodybuilders Use to Burn Belly Fat... And Specific Ab Workouts and Healthy Living Actions Steps YOU Can Take To Get Rid of Belly Fat Check out the table of contents for details...

Book Information

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Customer Reviews

Book is more of a cobbling of commonly written about strategies and lacks any original perspective. There is nothing wrong with that, but if you are reasonably well read on fitness and nutrition, you will be wasting your time. If you are not, it is not a bad introduction.

The best book I have ever read on this topic. It is about facts - not overstatements. There are no easy ways to reach the goal and you have to be persistent.

Quick and concise info. all with scientific backing. highly recommend for anyone interested in following a game plan for fitness success.

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