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INCHES OFF! YOUR TUMMY (PAPERBACK)



Rodale Incorporated, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Jorge Cruise unleashes his new fitness and weight-loss series with one simple piece of advice: Work smarter, not harder. With his revolutionary 5-Minute Fitness Formula and 6-Day Challenge, he shatters the conventional wisdom that rapid, lasting weight loss can only be achieved through hours and hours in the gym, day after day. In Inches Off! Your Tummy, Jorge unveils the most effective exercise formula to optimize...

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- Authored by Jorge Cruise
- Released at 2013



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Reviews

If you need to adding benefit, a must buy book. It usually does not charge excessive. I realized this ebook from my dad and i suggested this publication to learn.

-- Alec Veum

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

-- Prof. London Gerlach

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