



Burn Fat Build Muscle: Burn Fat Fast + Strength Training Program 101 (Paperback)

By Marc McLean

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Burn Fat Build Muscle .And Get In Your Best Ever Shape! Marc McLean, online personal trainer and author of the Strength Training 101 book series, shows you the way with this special two books combo. Are you struggling to burn fat and just can't seem to shift the stubborn flab from around your waist? Are you fed up jumping from one diet to another, or sick of eating salads, low fat foods and facing a constant willpower battle to resist your favourite treats? It doesn't have to be this way. You CAN lose fat fast and get shape of your life - even if you've always struggled to shed the pounds. Burn Fat Fast - the first book in this fitness combo - explains why diet plans and exercising 5,6,7 days per week is not the answer. In fact, that type of approach usually results in a never-ending cycle of losing weight, then piling it all back on again. Burn Fat Fast delivers ultra effective strategies that only the few seem to know about. Ones you've probably never...

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