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FLAT BELLY YOGA: THE 4-WEEK PLAN TO STRENGTHEN YOUR CORE (PAPERBACK)

Rodale Incorporated, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Flat Belly Diet! series has inspired over 1 million readers to change the way they think about food and banish belly fat for good. Now the latest instalment in the series, Flat Belly Yoga!, shows readers how to fire up their fat-burning engines even further with a unique combination of yoga, weight training, and cardio that s fun, easy, and effective. An innovative weight loss...

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- Authored by Kimberly Fowler
- Released at 2013



Reviews

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