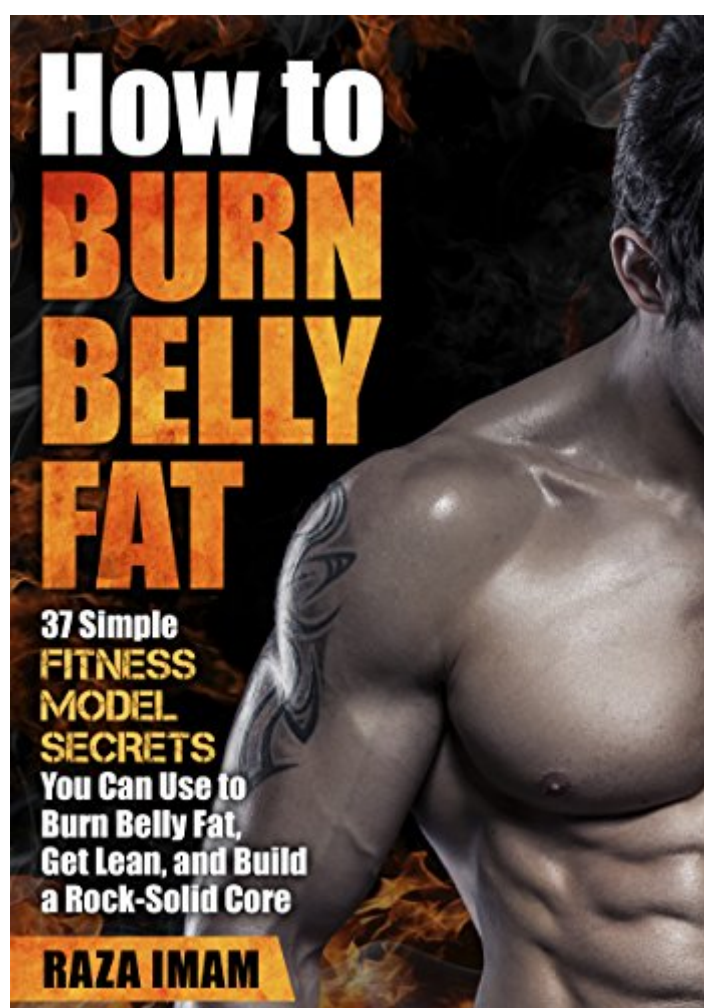


The book was found

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

This book had some great tips for burning fat and building muscle. It should be followed by a book on nutrition.

Good information, you always have to filter info to your situation but has fantastic info to get you going and keep you overcoming those plateaus.

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.

Very helpful and insightful in regards to simple diet plan, and exercise regimen. It helped me change up my routine and focus on what to eat and what not to eat

Great book. easy to understand and very motivational. I look forward to trying out this advice. I will post my success or failure

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.

This book is really perfect for anyone who is starting to workout needs to know about basic strength training and nutrition. The author compiles several techniques and references in one quick, easy read of a book. As a personal trainer and nutrition coach, I appreciated the author's use of easy to understand terminology and would recommended it to my clients.

Good. Straight to the point. Good basic approach supported by real world results. Great list of links to other sources also.

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