



Exercise Box set: Effective Exercises to Help You Build Muscle and Burn Body Fat With Intermittent Fasting And Bodyweight Training. 7 Day Detox Plan And ... Bodyweight Training, running for dummies)

Joanna Holland, Bridgett Larson, Sarah Carter, Jeff White, Maria Roberts, Elen Tomas

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BOOK #1: Liver Detox Cleanse: Strengthen Your Liver Function with 7 Day Detox Plan

The liver is an incredibly important organ in your body. While it has the ability to grow, and parts of one person's liver can be successfully transplanted into another person's body, this can only be done with a healthy liver. Maintaining liver health is therefore imperative, not just for the purposes of transplantation, but also for the overall functioning of your body.

BOOK #2: Running For Beginners: Get Back on Your Feet. Train and Run Your First 5km in 3 months.

Three months are just enough to get you in or back in shape as you are preparing to add another achievement to your list of achievements – running your first 5k track. Our Running for Beginners guide is specially designed to get you in shape, along with helping you lose extra pounds if you are having problems with your weight.

BOOK #3: Nutribullet: Get All the Important Nutrients With These 30 Recipes for Healthy Weight Loss

Healthy ways of losing weight have been a fascination for so many people who want to maintain a normal healthy body.

In this book we are going to talk about:

- Proper ways that you can be able to prepare the great recipe at home and enjoy with your family.
- Creative processes that you can use to create your delicious and outstanding recipe.
- Ingredients that you can use to come up with a recipe that you want to have.
- The best ways and methods to use in order to come up with the required recipe that satisfies your taste/li>

BOOK #4: Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat

If you want to win the war against fat, all you really need to focus on is building lean muscle tissue, in addition to eating a healthy diet.

Adding lean muscle to your body is a great way to burn fat because a pound of muscle utilizes nearly 75 -150 calories a day.

In this book you will find 15 proven and effective exercises including:

- Lower Body Resistance Exercises
- Upper Body Resistance Exercises
- Abdominal Exercises
- Yoga
- Pilates
- Suggested Number of Repetitions for Each Exercise

BOOK #5:Intermittent Fasting: Intermittent Fasting Methods to Revitalize Your Health, Detoxify Your Body and Lose Body Fat

Revitalizing your health is one aspect of your life that you must ensure you take care of without failure.

In this book, I will be discussing:

- Methods that are natural and can help you lose body weight without the use of chemicals or detrimental remedies.

- Different ways can be applied and methods to achieve the best results after practising them.
- The best methods that you can practice while at home to ensure that you detoxify your body.
- Ways of practising the methods and preparation stages that will ensure you lose weight in a short period./li>

BOOK #6: Intermittent Fasting: Learn How to Build Muscle, Burn Fat, and Lost Weight Quickly

Have you tried all kinds of fad diets without success?

Or worse, have you lost weight after a lot of hard dieting, only to gain it all back again, and maybe even more?

Have you tried eating all-natural foods and healthy foods, and still you can't lose weight?

BOOK #7: Ketogenic Diet: The 10 Most Common Mistakes Everyone Makes While on This Diet

Ketogenic Diet: 10 Common Mistakes is a work that not only uncovers mistakes made while on a ketogenic diet, but sheds light on some of the elements of the diet that are troublesome and provides tips about how to overcome those troubles.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Connie Simpson:

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Patricia Nebeker:

On this era which is the greater individual or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple strategy to have that. What you must do is just spending your time little but quite enough to enjoy a look at some books. On the list of books in the top listing in your reading list will be Exercise Box set: Effective Exercises to Help You Build Muscle and Burn Body Fat With Intermittent Fasting And Bodyweight Training. 7 Day Detox Plan And ... Bodyweight Training, running for dummies). This book which can be qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking upwards and review this book you can get many advantages.

David Colon:

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Alva Stephenson:

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