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BELLY FAT BREAKTHROUGH: TRANSFORM YOUR BODY WITH A 20-MINUTE WORKOUT, 3 TIMES A WEEK



Black Inc., Australia, 2016. Paperback. Book Condition: New. 178 x 111 mm. Language: English . Brand New Book ***** Print on Demand *****.Belly fat is a symptom of today s modern lifestyle not enough time means take-away food trumps healthy eating and the couch wins over the treadmill. Too much belly fat increases your risk of developing type 2 diabetes and cardiovascular disease, and research has shown that most types of diet and exercise won t help you lose...

Read PDF Belly Fat Breakthrough: Transform Your Body with a 20-Minute Workout, 3 Times a Week

- Authored by Dr Steve Boutcher
- Released at 2016



Reviews

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