



Fit Moms For Life (Paperback)

By Dustin Maher

Morgan James Publishing Ilc, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Discover the 5 secret pillars that, when combined, will result in rapid fat loss, but more importantly lasting fat loss. This will be the last fitness book you will ever need. Fit Moms For Life talks about what it takes to make this a lifestyle and not just another flash in the pan diet and exercise program that you do for a few weeks and stop. Get to know 31 amazing women who have taken the Fit Mom For Life Challenge and dropped anywhere from 30-100 lbs, and kept the weight off! Are you ready to. Look 20 years younger? Have a flat stomach again? Take your husband s breath away each time he sees you? Bring sexy back into being a mom? Melt the muffin top? Fit into your skinny jeans and still have room left over? Be a mom that your kids are proud of? In this book you will discover: One exercise that will make your stomach 2-4 inches smaller within two weeks Why cardio makes you fat and how you can burn 5X9 times more fat...



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