



Amazing in 15: Your Quick Workout Solution!: Fit, Tone Strong Just Got Fast! (Paperback)

By Doug Bennett

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. WHAT CAN YOU DO IN 15 MINUTES? Sip coffee. Eat a muffin. Read a magazine. Or You Can Burn Fat, Sweat Away Calories, Sculpt Muscle and FEEL GREAT! Don't let time or knowledge be an excuse to getting Fit, Firm Strong. In only 15 minutes a day. Top American Trainer, Doug Bennett, gives you a complete Solution to blast away stubborn fat, tone and sculpt muscle, and ignite your metabolism. His breakthrough, 15-minute workouts incorporate top level weight training exercises with fast paced metabolic burst sequences. You'll FEEL it working right away and SEE Amazing Results within 21 days. Doug guarantees in 21 days, if you perform each workout as written, you will get your fastest path to flat abs, slim arms, lean legs, firm bum and a fit, strong body. Get 30 beginner and advanced level, laser focused workouts that will make you sweat, tone and slim down, FAST. Plus, you get 3 FREE BONUSES: 3-day pounds away detox plan, 21 day lean out diet plan and some tasty healthy recipes to help nourish and strengthen your...



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