



The 20 Day Fast Fat Loss: How I Lost 20 Pounds in 30 Days Exercising Only 20 Minutes a Week

Andria Downey

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If you absolutely hate to exercise - or have very little time for it - this fat loss plan is meant for you. It's hard to believe that exercising only 20 minutes a week enabled me to get the toned and trim body of my dreams, but it's true. This book contains the specific workout strategy that I relied on to achieve my goal.

Everybody has 20 minutes to devote to exercise and that is all that is required to shed mega-pounds in in just 30 days. I lost 20 pounds during the course of one month - that's five pounds a week! If you are seeking a fast slim down solution without the complicated rules and restrictions, try the Fast Fat Loss solution for the easiest, quickest weight loss ride of your life.

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