



## The 4 Week Body Blitz (Paperback)

By Chloe Madeley

Bantam Press, 2017. Soft cover. Condition: New. \*\*\*NEW BOOK\*\*\* All orders processed within 24 hours, fast UK shipping from our family run independent store. 3-5 business days standard shipping with 1-2 business days priority shipping also available (over seas shipping 4-14 days standard.) Over 10 years experience, fast and friendly customer service guaranteed. Do you have a party dress to squeeze into next month? Is there a beach holiday on the horizon you want to get in shape for? If you have a short-term weight-loss goal, then this is the book for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss.

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