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## Flat Belly Yoga: The 4-week Plan to Strengthen Your Core (Paperback)

By Kimberly Fowler

Rodale Incorporated, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Flat Belly Diet! series has inspired over 1 million readers to change the way they think about food and banish belly fat for good. Now the latest instalment in the series, Flat Belly Yoga!, shows readers how to fire up their fat-burning engines even further with a unique combination of yoga, weight training, and cardio that s fun, easy, and effective. An innovative weight loss plan featuring an all-new yoga-plus-weights routine, Flat Belly Yoga! blasts belly fat, tones abdominal muscles, and speeds weight loss. Including a Four-Day Jump Start and a Four-Week Workout designed to boost metabolism and build muscle, the book features tips on how to maximize weight loss, advice on how to avoid common injuries, and testimonials from people who have participated in the program. Whether in conjunction with the Flat Belly Diet! meal plan (which is included for easy reference) or on its own, following the Flat Belly Yoga! workout will trim tummies fast - and take the work out of the workout.



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