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The Women's Guide to Burning Fat Building Muscle (Paperback)

By Hn Tony Xhudo MS

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Women's Guide To Burning Fat and Building Muscle addresses your specific needs as a female to building and toning those vital trouble areas that so trouble many women today -You need look no further for help with these problems. This book was designed for women with specific needs in health and nutrition that targets unique ways that are easy to follow and how certain exercises react to how your body works. Author Trainer and Board Certified in Holistic Health Tony Xhudo, M.S., H.N. shows you the importance of nutrition of it can impact your gains towards achieving the athletic look so desired by many women today. Tony, has made this book relatively easy and fun to follow by just listing simple and effective exercises that get the results you so deserve while putting common training myths to rest. This resource of information will produce that lean muscular look you that you seek, with a special chapter on cellulite issues that plague most women today. Packed with successful strategies and nutritional meal plans to get you started...



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