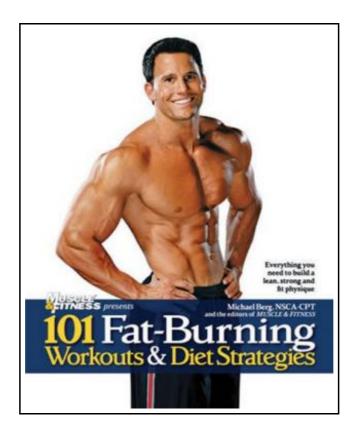
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(Eldridge Reilly)

101 FAT-BURNING WORKOUTS & DIET STRATEGIES FOR MEN: EVERYTHING YOU NEED TO GET A LEAN, STRONG AND FIT PHYSIQUE (101 WORKOUTS)



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Triumph Books, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The perfect resource for anyone looking to lose weight and look great, this health guide includes easy-to-follow cardio and weight training routines, recipes, and meal plans. Following on the heels of the ultra-successful Triumph titles, 101 Workouts and 101 Workouts for Women , is a new book in the "101" series that delivers even more breakthrough fitness advice for people of all ages. In 101 Fat-Burning Workouts & Diet Strategies for Men , the editors of Muscle & Fitness magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes.

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