



30 days of perfect eating and training for fat loss fast!: A complete guide for fast fat loss for everyone.

Dan Burke

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A full color guide to a new body. All my models, brides to be, bikini models and serious athletes use this guide to shape up fast! You need it too! A book every person wanting to lose fat, and gain lean muscle along the way-- should buy first. A blueprint for personal trainers and coaches. Put your team on this program for 30 days and watch them change into lean mean fat free machines. No bull s**t. No nonsense. No one can fail on this system. I have never seen it fail. Don't you hate guessing? I do. I like knowing. Now you can live a perfect 30 days of eating and training. It's all here, so easy to learn, a child can do it. We make it simple so you can focus on doing. This is not a boring science text book. it is an action book! It is written to give you ONLY the information you need and get started now. It is a "show me" then you "do it" book. A complete plan of eating and training to lose fat as fast as possible. Always wanted this information? Now you have it. Written by Fitness expert, trainer and athlete Dan Burke. A gem of a book that will help anyone lose fat fast! Special sections for athletes, and advanced athletes (for people who complete) and normal people who just want to do it smart and fast! Lose all the fat now and stop guessing. Shape up faster than anyone thought possible. Full color photos throughout. This book is based on 40 years training others and working with other experts. This is the best guide of it's kind. Fully illustrated. Full color illustrated daily menus. Easy to use and understand. There are side effects! An exteme fat free sexy body.

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