



## 25 Minutes to Fit - The Quick Easy Workout Plan for Losing Fat and Getting Fit in Less Time Than You Think! (Paperback)

By Roland Denzel, Galina Ivanova Denzel

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. No time to workout? Lose fat Build muscle Get fit! At home or the gym Just one dumbbell! There s no need to workout 5-6 times per week when all you can get fit working out twice per week with 25 Minutes to Fit! A great workout in as little as 25 minutes! The single biggest barrier that I hear when it comes to getting into shape is the lack of time. People are busy, and spending hours in the gym is low priority, What if you only have 30 minutes a day? Do you just give up? Is 30 minutes enough? Lies, all of it! The truth is you ve been lied to. Bodybuilding magazines tell you to hit the gym 5-6 times per week, but there s no science behind those claims, and 2-3 workouts a week is plenty! 25 Minutes to Fit contains gets you fit in the minimum amount of time! Full workouts, pictures of exercises, plus links to downloads, printable workout logs, nutrition, and more! Buy 25 Minutes to Fit NOW and get fit...



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