



The Fat-Burning Bible: 28 Days of Foods, Supplements, and Workouts That Help You Lose Weight

By Mackie Shilstone

Wiley. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.5in. x 5.7in. x 0.7in. One of the most comprehensive nutritional and exercise programs I've ever encountered. This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat. --From the Foreword by Kathy Smith Mackie Shilstone is famous for helping world-class athletes and business titans look great and achieve peak performance. Now, he presents an all-new approach to burning fat for both women and men. Drawing on Mackie's unique nutrition and exercise programs, The Fat-Burning Bible gives you the secrets and tools to increase your metabolism, target the parts of your body that carry excess fat, and see results in just four weeks. Inside you'll find: 6 levels of targeted meal plans and 74 recipes featuring low-fat, low-glycemic, high-flavor foods; Mackie's all-new gender-specific cardio, circuit, and core-training routines; 64 step-by-step photographs illustrating the customized exercises; Must-know information on 6 highly effective fat-burning supplements; Real-life success stories of Mackie's clients. This is the only weight-loss bible you will ever need to burn fat, slim down, and look great! This item ships from multiple locations. Your book may arrive from Roseburg, OR, or La Vergne, TN. Paperback.



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