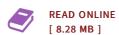




## The Fat-Burning Bible: 28 Days of Foods, Supplements, and Workouts That Help You Lose Weight

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 live 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 SmithMackie 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 Mackies 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 youll find: 6 levels of targeted meal plans and 74 recipes featuring low-fat, low-glycemic, high-flavor foods Mackies 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 Mackies clientsThis 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, La Vergne,TN. Paperback.



## Reviews

The ebook is simple in go through better to fully grasp. It is actually rally exciting through reading through period. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Alexander Jacobi

It in one of my personal favorite book. Sure, it is engage in, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.

-- Wellington Rosenbaum