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FLATTEN THAT BELLY, TRIM THOSE THIGHS (PAPERBACK)



Show Me the Fitness, United States, 2012. Paperback. Book Condition: New. 249 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Eduardo Dias is a personal trainer with over 15 years of experience and the founder of Show Me the Fitness Boot Camp. By following his eating plan, based on the science of Leptin, -the hormone that controls fat burning and hunger-Eduardo s clients consistently lose an average of 2-5 lbs. a week! In this short,...

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- Authored by Eduardo Dias
- Released at 2012



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