



Lose 10 Pounds in 10 Days Fitness Plan: Quick and Easy Weight Loss for Women (Lose 10 Pounds in 10 Days Series Book 2)

Susie Starr

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Why Choose This Book?

Don't settle for looking any less than your best. Discover how you can easily lose 10 pounds in the next day with this safe yet proven fitness plan.

Rave Reviews:

"Good book...sets out a practical and achievable exercise plan that anyone can follow. Its working for me so far, so I'll stick to it."

"This is a plan that could work for anyone who is prepared to put a little effort into losing weight. We all know there is no easy way, and this gives a solution."

"Check this out...you will probably find that it can work for you. The fitness plan is well thought out, and likely to be a winner."

What's Inside?

This book provides you with a detailed fitness plan that allows you to lose weight quickly yet safely. Here you get a proven plan that can help you lose weight fast for occasions such as:

- Weddings and celebrations
- School reunions
- Vacations and holidays

Table Of Contents:

DAY 1 - Getting Ready

DAY 2 - Conditioning Yourself

DAY 3 - Warming Up

DAY 4 - Building A Habit

Day 5 - Slowly But Surely

Day 6 - Stepping It Up

Day 7 - Burning Your Fat

Day 8 - Sweating Out Like A Pro

Day 9 - Taking It Up A Notch

Day 10 - Unleashing the Thin Within

Why Read This Book Now?

This book will set you on the fast track to achieving your weight loss goals in 10 days flat.

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From reader reviews:

Susan Velez:

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