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The Flat Abs Diet - Change Your Body in 21 Days - Take the Challenge!: The Easiest, Fastest Way to the Perfect Fit Body. Less Effort, More Results

Troy Adashun, Nick Macri

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The Flat Abs Diet - The Easiest, Fastest Way to the Perfect Fit Body. Less Effort, More Results.
Change Your Body in 21 Days - Take the 21 day Challenge and transform your body beyond belief

This Easy To Follow Book will teach you:
> The science & truth behind fat loss & building lean muscle
> How you can actually spend less time in the gym + gain better & faster results!
> Exactly how to maximise your fat burning hormones to create your dream body fast
> The truth about supplements - Do you really need them?
> Weight training exercises and the SECRET to performing the right exercises to maximise results
> The Secret Cardio technique that will blast your fat and shred your abs in NO TIME!
> Perfect meal programs & key foods for females wanting to get lean, shred fat & build rock hard flat abs
> The key food & meal programs for guys wantingto gain size and lean muscle and sculpt amazing abs
> Your 21 day perfect body challenge - YES you can transform your body in this amount of time.

Perfect for women wanting to lose weight and build a beautiful, strong & lean body
Perfect for Men wanting to build muscle and Sculpt perfect size pack abs.
This works for everyone wanting to alter their physiques because the principles are the same.

If you know the secrets (Like the pro fitness models do) You will know how you can manipulate your body through scientific principles in both nutrition and working out. This means if you want to be lean, you can be lean with LESS EFFORT. If you want a muscular body, you can have a muscular body with LESS EFFORT. If you want to lose weight, lose weight with a lot LESS EFFORT.

Join Youtube fitness personality and professional fitness model Troy Adashun as he explains exactly how you can use industry secrets to create your ultimate fit body.
Less working out, Less money spent on supplements that have no nutritional value, Less time, MORE results!

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