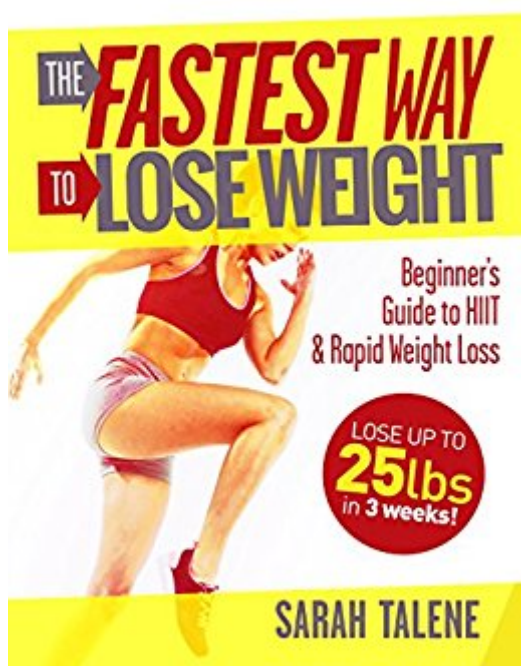


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# The Fastest Way To Lose Weight: Beginner's Guide To HIIT & Rapid Weight Loss - Lose Up To 25 Pounds In 3 Weeks!



## Synopsis

Discover How to LOSE UP TO 25 POUNDS in JUST 3 WEEKS!FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of a best selling book from Sarah Talene, #1 Weight Loss Guide: The ONLY Book Your Will Need to Read to Lose Weight FOREVER!From the best selling writer, Sarah Talene, comes The Fastest Way to Lose Weight: Beginner's Guide to HIIT & Rapid Weight Loss - Lose Up to 25 Pounds in 3 Weeks! This book will help you lose weight fast, increase your energy levels, and improve your overall diet and health!If you're sick of losing weight and putting it back on again... If you feel like you will never lose weight no matter how hard you try...Or if you're just sick of working out and seeing NO RESULTS... THIS BOOK IS FOR YOU!What This RAPID Weight Loss Book Will Teach You:This book provides you with a weight loss plan that will have you transforming your entire body - in JUST 3 WEEKS!It comes with the information, workout plans, exercises, and diet plans that you need to know! Are you ready to look slimmer, feel healthier and sexier than you have in years? Then check out this book and start transforming your life TODAY! If you successfully implement this weight loss plan, you will

- Start losing weight with easy to understand beginner's guide
- Burn all that fat without getting a rebound weight gain
- Get a healthier and sexier body
- Learn how you can live and eat a delicious and healthier diet
- Transform your body and mind in just 3 weeks
- Become happy and excited about eating healthy and working out - EVERY TIME!

Tags: how to lose weight, hiit training, healthy living, exercise workouts, lose weight fast, beginner weight loss, weight loss exercises

## Book Information

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## Customer Reviews

The book is clean and to the point, not like many other books who boast about how great their techniques are on and on. I have found the information I need about breathing and pacing in running. I was satisfied enough to restart my running program.

This is an amazing guide book for beginner's to lose weight. This book provides you with a weight loss plan that will have you transforming your entire body. If you successfully implement this weight loss plan, you will start losing weight with easy to understand beginner's guide, learn how you can live and eat a delicious and healthier diet and much more. I hope you must find this book helpful.

This book has the latest information out there. This book with diet plan will work. Personally the alternate day fast (ADF) diet works great for me. The fast days are really low-cal days. Short burst workouts are quick and effective. Still learning after all these years. Good luck. Don't quit.

It gives reasons why we should run and gives benefits of running on ailments, on looks, mental health, and physical health. I needed to drop a few pounds before vacation this summer and I tried the author's method and lost 12 lbs inside of two weeks! I got this book to understand more. I enjoyed reading the book and it has surely widen and deepen my knowledge with interest in running. Great!

I have done a lot of dieting and HIIT training as a ballroom dancer and I have tried a lot of methods. HIIT was introduced to me by my dancer partner and I am so glad I've heard of it now. Thank you to the Author for such an awesome read!

I had 4 pack stomach 20 years ago, hope this book would help me to have it back. Great.

I have done a lot of dieting and HIIT training as a ballroom dancer and I have tried a lot of methods. I am also a finance professional so it became painful for me to take more than an hour out of my day when I was already working plus dancing for two hours a night to go workout. HIIT was introduced to me by my dancer partner and I am so glad I've heard of it now. What I liked most about this book is that it is written for an absolutely beginner but never talks down to the reader. It embraces the

fact that our lives are getting busier and busier by the day as well as the fact that we are human and are susceptible to slipping up with our eating but never punishes us for it.. The workouts are written with clear descriptions and it also gives multiple workouts which for me is great as my knees aren't so good anymore and there are even workouts that cater to being more gentle on the joints. I also liked that the reviewer talked about the importance of taking measurements. The scales are not the most important tool anymore especially when you have the ability to naturally pack on muscle.

I loved following this exercise and weight loss program, and I have to say that it has provided me with great results! I like to change my workout intensity to suit my mood, and this program allowed for that. The easy to read layout and length allowed me to spend more time doing the exercises, than reading them. Overall, this program covers it all, and I am extremely please and impressed with its' outcome. Thank you to the Author for such an awesome read!

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