

Denise Austin Trimwalk The Simple Way To Weight Lob

Denise Austin

Denise Austin Trimwalk The Simple Way To Weight Lob:

Lose Those Last Ten Pounds Denise Austin, 2000 Fight those last 10 pounds and WIN America's most popular fitness guru presents a sure fire weight loss program that gets results in just twenty eight days As everyone knows the last 10 pounds are always the hardest ones to lose Now in Lose Those Last 10 Pounds award winning fitness expert Denise Austin offers a fat blasting foolproof plan for tackling that elusive final stretch and achieving long lasting weight loss success Whether you are stuck in a dieting rut or simply need to shape up for a special occasion Denise's easy to use twenty eight day program shows you how to jump start your metabolism develop healthy eating and fitness habits and shed your body s most stubborn pounds forever By exercising for only thirty minutes a day and following Denise's delicious low fat meal plans you can reach your ideal weight in just four weeks and feel healthier and stronger than ever before Based on her more than twenty years of experience Denise's breakthrough weight loss regimen streamlines the best proven techniques to help you slim down to the shape you desire and break the bad eating habits that invite extra pounds Her innovative approach combines cutting edge fitness techniques such as kickboxing and yoga with twenty eight days of delicious low fat recipes such as Morning Glory Smoothies Tuna Teriyaki Lemon Herb Roasted Chicken Black Bean Quesadillas and even Filet Mignon Her weekly formula for success includes Only three thirty minute fat blasting aerobic workouts Two thirty minute yoga Pilates based workouts to keep your body and spirit balanced One minute Fidget cize exercises to help you burn calories anytime anywhere Five minute Mind Body Spirit workouts In Lose Those Last 10 Pounds you ll also find Three healthy tasty meals and snacks for every day of the week with easy to follow recipes Week at a Glance exercise plans and grocery lists Advice on how to keep the pounds off when the program ends Deniseologies inspirational insights to help you maintain a positive attitude So get ready to rev up your metabolism and start building a body you ll love With her infectious enthusiasm and trademark energy and flare Denise will champion you every step of the way toward a slimmer healthier happier you

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