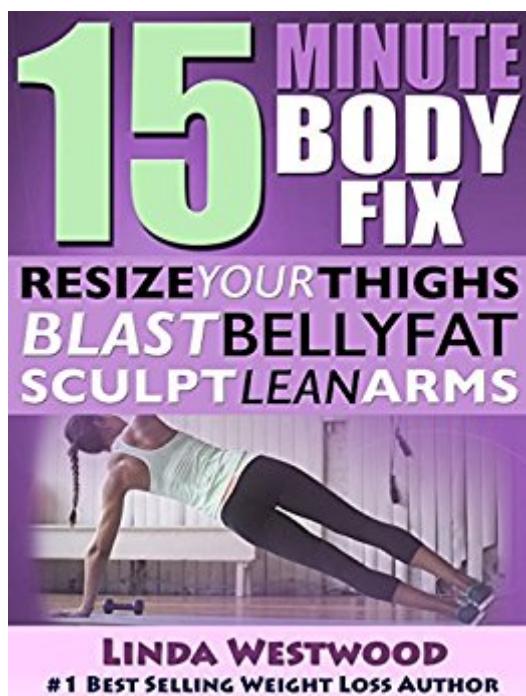


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# 15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise)



## Synopsis

Discover How to TRANSFORM Your Belly, Thighs & Arms In Just 15 Minutes A Day!FREE BONUS FOR A LIMITED TIME ONLY: If you download this book TODAY, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the Best Selling weight loss writer, Linda Westwood, comes 15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! This book will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health! The best thing is that this is Linda's 3rd EDITION - which means expanded tips, tricks, strategies and BONUS sneak peeks at the back!If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're ready for a full-body transformation (especially your belly, thighs & arms)... Or if you're just sick of working out and seeing NO RESULTS... THIS BOOK IS FOR YOU!What This POWERFUL Exercise Book Will Teach You:This book provides you with a 15-Minute Body Fix plan that will have you transforming your entire body - especially your abs, thighs and arms - in JUST 15 MINUTES A DAY without too much exercise at all!It comes with the information, workouts, exercises, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out the 15-Minute Body Fix Exercise Plan and start transforming your life TODAY! If you successfully implement this 15-Minute Body Fix Exercise Plan, you will: Start losing weight without working out as hard Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat Say goodbye to inches off your waist and other hard-to-lose areas Learn how you can live a healthier lifestyle without trying Transform your body and mind in less than 3 weeks Get excited about eating healthy and working out - EVERY TIME!Tags: exercise, healthy living, aerobics, exercise and fitness, weight loss, workouts, weight loss books

## Book Information

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## **Customer Reviews**

I really love how this book gives piles of different workouts. Many books either give a pile of exercises, but no structure as to where you should start. This book also includes a lot of exercises, but breaks them into different workouts dependent upon which part of the body you are focusing on. In addition, the book also includes meal ideas in order to help you reach your goals quickly. After trying this book for a while I can really see results. The key is to just follow the simple instructions and have fun!

15 Minutes. 17 Days. Over 100 tips. This book contains everything you need to bust a move and get moving to achieve a healthier lifestyle! The perfect book to give to that friend who's always putting off losing weight or better yet a gift to yourself this Christmas because after all the holiday parties, what better way to start the New Year than by getting back on track to a healthier you. The book has comprehensive instructions on how to properly perform simple exercises such as planks, spider lunges, jumping jacks to achieve optimal muscle tone and weight loss. Linda also added very healthy meal plans that will not make you hate your weight loss program because the meals are delicious and so good, you can even prepare some of them during Christmas dinner. All in all, this book is a must-have for anyone who wants to start their 2016 with a better and healthier lifestyle!

Excellent workout! Really got the blood flowing. The steps laid out are easy to follow and won't take up a lot of your time. I will definitely be using what I learned to help me get rid of some of the extra holiday pounds I've put on so far. I'd definitely recommend this to anyone looking for a great plan that can be done fast. I also enjoyed the recipes inside and some of the other added content. Worth checking out!

As a plus sized woman who has been struggling with her weight for years, I can say I have heard, read, and tried every trick, fad, and diet out there and have become tired of all the copy cats and false information. When I bought this book I was pleasantly surprised by the wealth of unique techniques it provided. I was like, holy cow, something different, something easy, and it might actually work! I have always known that small changes and some effort every day could really help me change my life but this book sorted out the details for me and gave me a better understanding of how to change my life and my health. So, I am going to try it. The book itself was well organized and well written and I will definitely be looking for more books of this nature from author Linda Westwood.

It's a great book! I thought that Linda made it simple for me and anyone to understand what you needed to do for the fifteen minutes. I also thought she did a nice job breaking down every workout giving me the right info and also giving me recipes for nutrition which was an awesome bonus. Overall, if you need to lose weight or want to lose it, buy this book because it has really helpful info not only on the workouts, but also for your nutrition!

This book is filled with great recipes and work out routines. It is an all around healthy lifestyle book and just the kind I like. I often bring my kindle to the grocery store with me when shopping for food, and with all these great recipes my diet is going to improve drastically. This book will keep me going with a healthy diet and good workouts through the winter. Thanks.

Time management is the ability to work smart, not harder. This skill is extremely important into today's increasingly complex world. If the average person is to fit in work, family, and entertainment, much less exercise, planning is essential. This is where the 15 minute body fix comes in. With the workouts mentioned in this book you will get your goals in months that you are expecting to get in years. So I am very happy with the content of this book. Hats off for the writer.

There is really a lot packed into this book. Recipes, exercise routines and programs, tips for healthy eating and exercising | Much more than I expected seeing the title of the book. I like how the author took time to write detailed instructions for every exercise. That is necessary for every fitness book, but many of them have too short descriptions and you end up searching for videos online. There is no need for that with this book so thumbs up for that. I didn't like the annoying ads for other books

that are literally planted every 10-ish pages in the book. They cut up the text and make me mad. I realize that the author has to advertise other books, but come on, put them at the end or the beginning of the book, not like this. Besides that horrible design decision, the book is surprisingly complete fitness and health guide with sound advice and great exercise routines. Recommended.

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Riding A Bike!

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