



Weight Loss Box Set: How To Get The Most Voluptuous Figure in 30 Days Or Less - The Ultimate Guide To Sculpting Perfect Curves With Butt And HIIT Exercises, Plus Running Secrets For Women!

Cameron Burns, Richard Harris, Riley Simpson

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Weight Loss Box Set (3 IN 1 BOX SET)

BOOK 1: Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness – Includes Easy To Follow Training Plans For Beginners

If you want to lose weight, then you can't go wrong with taking up a running regimen. Running has been mankind's tool of survival throughout the centuries, and it has many benefits besides losing weight.

Running can make you feel good about yourself, improve your heart and mind, and make you live longer. So how do you even begin running? What's the best way to go about it?

In this book, we have you covered.

BOOK 2: HIIT: High Intensity Interval Training – A Beginners Guide To HIIT Workouts and Exercises To Lose Weight And Gain Muscle Fast!

This is a guide designed to help people learn more about High Intensity Interval Training (HIIT). It includes detailed workouts, as well as complete guidance for individuals who have not previously HIIT. HIIT is one of the most intensive workouts in the world at present, and gives very fast results.

If you are looking to lose weight and stay fit, HIIT is a fantastic form of training for you to explore.

BOOK 3: Butt Workout: How To Get The Most Voluptuous Butt in 30 Days Or Less – The Ultimate Guide To Sculpting Perfect Curves With Butt And Leg Exercises For Women!

This book is all about having fabulous buttocks! If you've wondered for a long time how to get that curvy bum look and have tried everything with no results then try this book!

This book will guide you to using easy and simple methods for that prize of a voluptuous backside. You will learn how to properly execute these methods with guaranteed results and you won't have to break an arm or leg or attend ridiculous surgeries to get that long lasting and firm butt!

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Julia Faulkner:

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Nellie Wellborn:

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Elizabeth Givens:

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