



2-Week Total Body Turnaround: The 14-Day Plan That Jumpstarts Weight Loss, Maximizes Fat Burn, and Makes Over Your Fitness Mindset Forever

Chris Freytag, Alyssa Shaffer

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Based on the latest fitness research, this tried and tested program blasts pounds and inches, increasing strength, energy, and confidence--in just 14 days!

This book is the fire-starter to get back on track to a sleeker, healthier body. Based on the most up-to-date and authoritative research about interval walking and circuit training, the *2-Week Total Body Turnaround* will help you:

- Rev up your metabolism
- Lose up to 12 pounds and 22 inches in 2 weeks
- Send your energy levels soaring

Featuring step-by-step, day-by-day directions showing easy exercises to do and delicious foods to eat, the plan is easily customizable for any fitness level, from beginners who need an easy place to start to experienced exercisers who want to revitalize tired routines and break through plateaus. With measurable results in just 14 days, the plan is perfect for people who want to lose weight for a special event, but is also adaptable for continued success.

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