

THE 30-MINUTE

A Four-Step Plan



FITNESS

for Women of All Ages

SOLUTION

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30 Minute Fitness Solution

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The 90-Second Fitness Solution Pete Cerqua, 2009-12-22 Outlines an exercise program for women that features a fifteen minute daily regimen designed to accelerate the metabolism past the workout time in a guide complemented by a simple eating plan supplement prescriptions and recipes

TBC30: 6 Steps to a Stronger, Healthier You Michael Wood, 2018-06-14 Certified strength and conditioning specialist and nutrition coach Michael Wood offers readers an inside look at how he trains his private clients using a unique step by step approach that follows the same nutrition and exercise strategies that have made him a nationally recognized expert in the field The TBC30 plan gives readers a game plan for teaching the same science based approach that has worked for Michael and his clients for more than 30 years His 6 step plan will help change your mindset and eventually your behavior The TBC30 plan includes a high quality exercise regime with nine nutritional strategies which are woven together with the use of today s technology Empower yourself to reach your health and fitness goals with Michael s invaluable TBC30 plan

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