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by John William Yee

Slash Your Weight And Trim Your Abs

Patrick Vollmar



Slash Your Weight And Trim Your Abs:

Making the Cut (Enhanced Edition) Jillian Michaels, 2012-01-03 This enhanced ebook edition of the bestselling fitness program includes over 80 videos of Jillian demonstrating the exercises in that will help you shed the pounds and get the body of your life You've seen her change lives why not yours Are you in good shape but struggling with those last ten to twenty pounds Do you have an event on the calendar where you'd love to make jaws drop Or do you just want to see what it would be like to have the best body you've ever had Then you need to discover what millions who've used Jillian's training methods already know Making the Cut empowers you to Identify your unique body type and metabolic makeup are you a fast slow or balanced oxidizer and customize a diet plan that is perfect for you Acquire the mental techniques that will greatly enhance your self confidence and sharpen your focus on success Develop your strength flexibility coordination and endurance Reach levels of fitness you never before thought possible **Slash Your Weight and Trim Your Abs** John W. Yee, 1998-01-01

Slash Your Weight and Trim Your Abs John William Yee, 1998 It's estimated that as much as 60% of the population is obese that is 20% above ideal weight for their given height Moreover the problem seems to be getting worse Why No time for taking part in a full fledged aerobics class Too tired to pump weights Too stressed out at the office or at school to make it to the gym No problem John's concept of the intensity factor only takes 5 to 10 minutes a day The intensity factor addresses two topics that are of great interest as far as losing weight is concerned 1 Losing fat in the right places 2 Achieving a set of washboard abdomen or abs as it is called in fitness patience *Diamond Cut Six Packs!* Andrei Besedin, 2017-09-24 Losing weight is a billion dollar industry in America there are thousands of devices and programs you can buy that promise to get you 6 pack abs fast but they don't work If it were as easy as buying a pill shake or ab machine then the shopping malls across America you would see all men with rippling washboard abs and all women with flat tummies but what do we see instead Obesity everywhere Let's clear up one huge misconception right now ab machines and ab exercises will NOT get you 6 pack abs 95% of the work in getting 6 pack abs is losing bodyfat and no ab exercise will do that If you have a beer belly you could do ab exercises all year long and still never get 6 pack abs You can have rippling muscular abs but if they are covered with an inner tube of fat then nobody is going to see them It's not that hard and it's not that complicated The changes you need to make to lose weight and reduce your bodyfat are much smaller than you fear and they are easier to live with than you could possibly imagine A common sense approach involving exercise and nutrition is all that is required to get ripped washboard abs When most people think about losing weight what comes to mind is words like hunger deprivation diet and agony No Losing weight properly will not result in any of these the key is in the above two words common sense **Canadian Books in Print. Author and Title Index**, 1975 *Building Age*, 1905 *Farmer's Weekly*, 1924 **Cincinnati Magazine**, 1985-06 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region *The 8-Hour Diet* David Zinczenko, 2013-12-03 In The 8 Hour Diet a New

York Times bestseller in hardcover authors David Zinczenko and Peter Moore present a paradigm shifting plan that allows readers to eat anything they want as much as they want and still strip away 20 40 60 pounds or more Stunning new research shows readers can lose remarkable amounts of weight eating as much as they want of any food they want as long as they eat within a set 8 hour time period Zinczenko and Moore demonstrate how simply observing this timed eating strategy just 3 days a week will reset a dieter s metabolism so that he or she can enter fat burning mode first thing in the morning and stay there all day long And by focusing on 8 critical nutrient rich Powerfoods readers will not only lose weight but also protect themselves from Alzheimer s heart disease even the common cold In the book readers will find motivating strategies delicious recipes and an 8 minute workout routine to maximize calorie burn The 8 Hour Diet promises to strip away unwanted pounds and give readers the focus and willpower they need to reach all of their goals for weight loss and life

Runner's World ,2006-02 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

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