

The **SIX-WEEK FAT-TO-MUSCLE MAKEOVER**

THE SUPER DIET AND EXERCISE
PLAN FOR THINNER THIGHS,
SLIMMER HIPS,
A FLATTER STOMACH
AND A STUNNING BODY!

ELLINGTON DARDEN, PH.D.



Six Week Fat To Muscle Makeover

Ellington Darden

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Six Week Fat To Muscle Makeover:

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