



BURN FAT FASTER BY EXERCISING SLOWER

A remarkable customized
training program
that will help you

- Find Your Fat-Burning Zone
- Eat for Long-Term Energy
- Create a Flexible,
Comfortable Workout Plan
- Achieve Extraordinary Results

Stu Mittleman

with KATHERINE CALLAN

Foreword by ANTHONY ROBBINS

Slow Burn Burn Fat Faster By Exercising Slower

S Ashworth



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