



**Exercise Box set: Effective Exercises to Help You Build Muscle and Burn Body Fat With Intermittent Fasting And Bodyweight Training. 7 Day Detox Plan And ... Bodyweight Training, running for dummies)**

*Joanna Holland, Bridgett Larson, Sarah Carter, Jeff White, Maria Roberts, Elen Tomas*

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### **BOOK #1: Liver Detox Cleanse: Strengthen Your Liver Function with 7 Day Detox Plan**

The liver is an incredibly important organ in your body. While it has the ability to grow, and parts of one person's liver can be successfully transplanted into another person's body, this can only be done with a healthy liver. Maintaining liver health is therefore imperative, not just for the purposes of transplantation, but also for the overall functioning of your body.

### **BOOK #2: Running For Beginners: Get Back on Your Feet. Train and Run Your First 5km in 3 months.**

Three months are just enough to get you in or back in shape as you are preparing to add another achievement to your list of achievements – running your first 5k track. Our Running for Beginners guide is specially designed to get you in shape, along with helping you lose extra pounds if you are having problems with your weight.

### **BOOK #3: Nutribullet: Get All the Important Nutrients With These 30 Recipes for Healthy Weight Loss**

Healthy ways of losing weight have been a fascination for so many people who want to maintain a normal healthy body.

## **In this book we are going to talk about:**

- Proper ways that you can be able to prepare the great recipe at home and enjoy with your family.
- Creative processes that you can use to create your delicious and outstanding recipe.
- Ingredients that you can use to come up with a recipe that you want to have.
- The best ways and methods to use in order to come up with the required recipe that satisfies your taste/li>

## **BOOK #4: Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat**

If you want to win the war against fat, all you really need to focus on is building lean muscle tissue, in addition to eating a healthy diet.

Adding lean muscle to your body is a great way to burn fat because a pound of muscle utilizes nearly 75 -150 calories a day.

## **In this book you will find 15 proven and effective exercises including:**

- Lower Body Resistance Exercises
- Upper Body Resistance Exercises
- Abdominal Exercises
- Yoga
- Pilates
- Suggested Number of Repetitions for Each Exercise

## **BOOK #5:Intermittent Fasting: Intermittent Fasting Methods to Revitalize Your Health, Detoxify Your Body and Lose Body Fat**

Revitalizing your health is one aspect of your life that you must ensure you take care of without failure.

## **In this book, I will be discussing:**

- Methods that are natural and can help you lose body weight without the use of chemicals or detrimental remedies.

- Different ways can be applied and methods to achieve the best results after practising them.
- The best methods that you can practice while at home to ensure that you detoxify your body.
- Ways of practising the methods and preparation stages that will ensure you lose weight in a short period./li>

## **BOOK #6: Intermittent Fasting: Learn How to Build Muscle, Burn Fat, and Lost Weight Quickly**

Have you tried all kinds of fad diets without success?

Or worse, have you lost weight after a lot of hard dieting, only to gain it all back again, and maybe even more?

Have you tried eating all-natural foods and healthy foods, and still you can't lose weight?

## **BOOK #7: Ketogenic Diet: The 10 Most Common Mistakes Everyone Makes While on This Diet**

Ketogenic Diet: 10 Common Mistakes is a work that not only uncovers mistakes made while on a ketogenic diet, but sheds light on some of the elements of the diet that are troublesome and provides tips about how to overcome those troubles.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**From reader reviews:**

**Edna Kopec:**

A lot of people always spent their free time to vacation or maybe go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a guide. The book Exercise Box set: Effective Exercises to Help You Build Muscle and Burn Body Fat With Intermittent Fasting And Bodyweight Training. 7 Day Detox Plan And ... Bodyweight Training, running for dummies) it doesn't matter what good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not to fund but this book has high quality.

**Eric Sanders:**

In this era globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to you personally is Exercise Box set: Effective Exercises to Help You Build Muscle and Burn Body Fat With Intermittent Fasting And Bodyweight Training. 7 Day Detox Plan And ... Bodyweight Training, running for dummies) this guide consist a lot of the information from the condition of this world now. This particular book was represented how do the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. Often the writer made some analysis when he makes this book. This is why this book ideal all of you.

**Claire Davis:**

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**Stephany Garcia:**

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