

The Wait Loss Primer



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The Weight Loss Primer Created By Richard Rigor. This great new book is essential reading for those beginning any weight loss program. How to prepare your body for exercise What you need to do regarding exercise What you need to know regarding nutrition Seven Sure Fire Strategies for Weight Loss There's also an integrated Total Body Exercise Workout Program with detailed animations show you exactly how to undertake each exercise. This excellent short report is great for beginners and new starters, some of the exercises demonstrated include: Squat and Press With Medicine Ball Dumbbell / Bent Over Row With Ball The Incline Dumbbell Chest Press Shoulder Presses Dumbbell Curl (Two Arms) Overhead Triceps Extensions Stability Ball Crunch This easy to read report will save you time and frustration and show you how to focus and achieve your desired results faster! You'll also discover . . .

The eight questions you must answer before starting your weight loss program that will increase your odds of success dramatically. A common mistake that can slow down and even stop you achieving your goals. Why it's important to actually REDUCE your carbohydrate intake - not increase it like many current diets tell you. Why you should actually eat more meals each day. To some this may seem like the complete opposite to what you should do on a weight loss program. Find out why they're wrong. This super fast to read report is like spending a half hour session with one of the worlds best health trainers but from the comfort of your own home And because it has been created as a digital download, there's no shipping costs, no waiting and we can offer this product to you at an amazing low cost price of just \$5.95

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