

Fit10

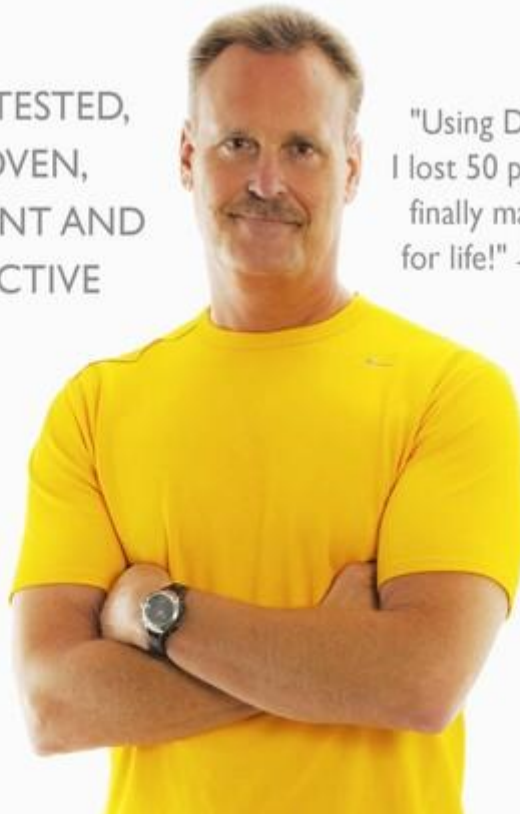
THE ULTIMATE FORMULA FOR
GETTING AND STAYING FIT FOR LIFE



FROM AMERICA'S FITNESS COACH®

TIME-TESTED,
PROVEN,
EFFICIENT AND
EFFECTIVE

"Using Dave's method
I lost 50 pounds and have
finally mastered fitness
for life!" -CHARLES WEBSTER



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Author: Dave Hubbard, Americas Fitness Coach (253 pages) This book is for anyone who has ever wished their body came with instructions! Dave Hubbard will forever change the way you think about exercise. If you are exercising but still frustrated and not reaching your fitness goals you need to read this book. If you are not exercising consistently, for whatever reason, you really need to read this book. Learn

how to overcome the obstacles and excuses preventing most people from getting and staying FIT FOR LIFE! This book is a revised version of BAD CHUTE.

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