

Couch Potato Abs cuts through all the celebrity endorsed fads, gadgets and gimmicks to provide overworked, busy adults with the clear and concise advice they need to achieve the fitness goals they desire in just 30 minutes by providing easy and efficient workouts. Couch Potato Abs is written from the unique perspective of a certified personal trainer and nutritionist (Laura) and a busy high-tech executive (Steve). Laura and Steve are both busy professionals in their 40s. They prove by doing this program themselves that it truly works. All of the photos used in the book are actually of Laura, a 41-year-old SIZE ZERO (no crunches required!). Steve has lost over 25 pounds and can now run 3 miles by following the program described in this book. Laura has professionally helped hundreds of clients reach their fitness goals and feel better about themselves for over 10 years. Let her, with Steve's firsthand input, simplify YOUR fitness program today!

Nothing If Not Critical: Selected Essays on Art and Artists, Desert Sunrise, Careers in Orthotics-Prosthetics, Mr. Miracle: A Christmas Novel, Gorp, Glop and Glue Stew: Favorite Foods from 165 Outdoor Experts, Daredevil (1998-2011) #75, Abandoned and Unseen (Branded Packs Book 2), Antiquities of the Jews, Vol. 2 (Classic Reprint),

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Price couch potato abs no crunches required laura pillarella pdfclick to download http ebooksalestop book read here http. A former superfit athlete and taekwondo teacher turned loafer I realized I no longer had control over my weight, and exercise If dinner's in the oven for 20 minutes, I'll do some jumping jacks or crunches. . Sign up to receive the top stories you need to know now on politics, health, money and more. 15 Former Couch Potatoes Share Their Best Tips For Getting In Shape €¢ 15 So I knew I needed to try morning exercises if I was going to fit it into my day. This forces me to just get up and do it, and not have to take the time to find .. in a row, and you have to do at least 80 crunches in two minutes.

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