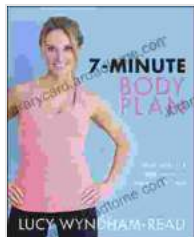


Quick Workouts, Simple Recipes: Transform Your Body in Days!



7-Minute Body Plan: Quick workouts & simple recipes for real results in 7 days by Lucy Wyndham-Read

★★★★☆ 4.3 out of 5

Language : English

File size : 42127 KB

Screen Reader: Supported

X-Ray : Enabled

Print length : 223 pages

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daily workout

10 reps each

1. jumping jacks
2. squats
3. push-ups
4. mountain climbers
5. cross crunches
6. high knees
7. knee pull-ins
8. tricep dips
9. leg raises

sets: level I 3 sets level II 4 sets level III 6 sets rest between sets up to 60 seconds

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Introducing the Ultimate Fitness and Nutrition Guide

Are you tired of spending hours at the gym with little to show for it? Are you frustrated with complex recipes that leave you feeling overwhelmed and hungry? If so, then 'Quick Workouts, Simple Recipes: For Real Results in Days' is the perfect solution for you.

This comprehensive guide combines the power of efficient workouts with easy-to-follow recipes, empowering you to achieve your dream body in record time. With just a few minutes of exercise each day and a few simple recipe swaps, you'll be on your way to a healthier, more confident you.

What's Inside the Book?

- **Over 50 quick and effective workouts** that you can do in just 10-15 minutes each
- **100+ simple and delicious recipes** for breakfast, lunch, dinner, and snacks
- **Detailed nutrition information** for every recipe, so you can make informed choices
- **Meal plans and shopping lists** to make meal planning a breeze
- **Motivation and support** to help you stay on track

How It Can Help You

- Lose weight and burn fat
- Gain muscle and strength
- Improve your overall health and fitness
- Boost your energy levels
- Reduce stress and improve your mood

Testimonials

"I've been following the workouts and recipes in this book for just two weeks and I've already lost 5 pounds! I feel so much better and have more

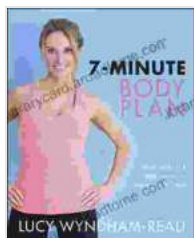
energy." - Sarah J.

"This book is a game-changer! The workouts are quick and easy to follow, and the recipes are delicious and healthy. I'm so glad I found it." - John D.

Free Download Your Copy Today

Don't wait another day to start your journey to a healthier, more confident you. Free Download your copy of 'Quick Workouts, Simple Recipes: For Real Results in Days' today and start transforming your body in just days!

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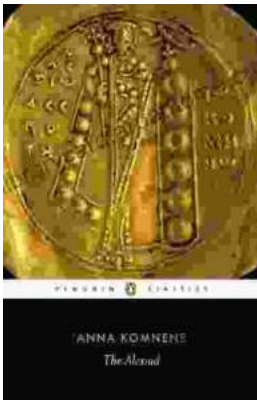
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