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Make You Happen: 10 Weeks to a New You

Kevin Orr

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Make You Happen: 10 Weeks to a New You

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Make You Happen: 10 Weeks to a New You Kevin Orr
Step-by-step, ten week program! It includes over 250 pages of exercise and nutrition expertise, exercise dos and don'ts, and nutrition secrets to real results. This ten-week, goal-setting layout is a realistic, organized approach to:

1) Optimize ENERGY!
2)Maximize FAT LOSS!
3) Increase STRENGTH!
4) Boost MENTAL CLARITY!
5) NO MORE YO YO DIETING!

Nutrition is 80% of your success while exercise is 20%. You will learn the five components for real, lifetime results:

1) Nutrition
2) Cardio training
3) Weight training
4) Planning ahead
5) Executing your plan.

It is so easy to follow!

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