



Healthy Weight Loss Box Set: 15 Effective Exercises To Build Muscle And Lose Fat Plus 30 Nutritious Recipes Alongside Super Gluten-Free Meals for Healthy ... Training, Bodyweight Exercises)

Jeff White, Sarah Carter, Nancy Hill

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BOOK #1: Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat

If you want to win the war against fat, all you really need to focus on is building lean muscle tissue, in addition to eating a healthy diet.

Adding lean muscle to your body is a great way to burn fat because a pound of muscle utilizes nearly 75 -150 calories a day.

In this book you will find 15 proven and effective exercises including:

- Lower Body Resistance Exercises
- Upper Body Resistance Exercises
- Abdominal Exercises
- Yoga
- Pilates
- Suggested Number of Repetitions for Each Exercise

BOOK #2: Nutribullet: Get All the Important Nutrients With These 30 Recipes for Healthy Weight Loss

Healthy ways of losing weight have been a fascination for so many people who want to maintain a normal healthy body.

In this book we are going to talk about:

- Proper ways that you can be able to prepare the great recipe at home and enjoy with your family
- Creative processes that you can use to create your delicious and outstanding recipe
- Ingredients that you can use to come up with a recipe that you want to have
- The best ways and methods to use in order to come up with the required recipe that satisfies your taste
- Creative ways that you can use to achieve different results while preparing a recipe
- The easy healthy way of losing weight through simple easy to prepare recipes
- Examples of unique contents that you can try and create while you are at home

BOOK #3: Make Ahead Paleo: Feel the Energy with These Super Healthy Gluten-Free Meals

Maybe you're looking to lose weight and get in shape, or maybe you simply want to get healthier and feel better. Whatever your goal is, you're not alone.

In 2014, the Paleo diet was the most googled health diet in 2014, and there are many well-known people who swear by it – A-list celebrities, star athletes, and even former Presidents!

This book will give you all the tools you need to maintain a super healthy, gluten-free Paleo diet, including:

- A brief introduction of the basics concept of the Paleo diet and a list of all the benefits of being on it
- Everything you need to get started, including concise instructions about the Do's and Don'ts of the Paleo diet
- Delicious and nutritious make-ahead Paleo recipes, including scrumptious breakfast delights, satisfying main dishes, and delectable desserts
- Make Ahead Tips that will advise you about how best to make ahead these dishes so that you can plan your cooking and save time and energy

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Healthy Weight Loss Box Set: 15 Effective Exercises To Build Muscle And Lose Fat Plus 30 Nutritious Recipes Alongside Super Gluten-Free Meals for Healthy Weight Loss*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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From reader reviews:

Joyce Coolidge:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each publication has different aim as well as goal; it means that publication has different type. Some people experience enjoy to spend their time and energy to read a book. They are really reading whatever they acquire because their hobby is definitely reading a book. Think about the person who don't like looking at a book? Sometime, person feel need book whenever they found difficult problem or even exercise. Well, probably you'll have this Healthy Weight Loss Box Set: 15 Effective Exercises To Build Muscle And Lose Fat Plus 30 Nutritious Recipes Alongside Super Gluten-Free Meals for Healthy ... Training, Bodyweight Exercises).

Richard Reid:

Playing with family in a very park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Healthy Weight Loss Box Set: 15 Effective Exercises To Build Muscle And Lose Fat Plus 30 Nutritious Recipes Alongside Super Gluten-Free Meals for Healthy ... Training, Bodyweight Exercises), you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its identified as reading friends.

Carol Pyles:

Many people spending their time by playing outside together with friends, fun activity using family or just watching TV all day every day. You can have new activity to pay your whole day by studying a book. Ugh, think reading a book will surely hard because you have to take the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Smart phone. Like Healthy Weight Loss Box Set: 15 Effective Exercises To Build Muscle And Lose Fat Plus 30 Nutritious Recipes Alongside Super Gluten-Free Meals for Healthy ... Training, Bodyweight Exercises) which is obtaining the e-book version. So , try out this book? Let's notice.

Jeremy Gable:

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