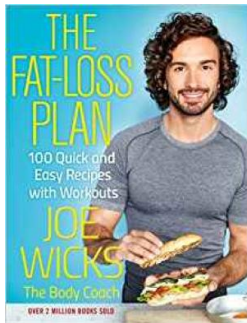


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THE FAT-LOSS PLAN: 100 QUICK AND EASY RECIPES WITH WORKOUTS (PAPERBACK)



Bluebird, 2017. Soft cover. Condition: New. Joe Wicks is back with another instalment of 100 brand-new delicious recipes and five speedy, effective HIIT workouts. The Fat-Loss Plan can motivate everyone on their way to achieving a fit, lean and healthy body. Inside the book is a combination of reduced-carb, post-workout and snacks and sweet treat recipes ; all incredibly tasty and easy to make in 15 minutes flat. Every recipe is filling and fuels you with energy for your day...

Download PDF The Fat-Loss Plan: 100 Quick and Easy Recipes with Workouts (Paperback)

- Authored by Joe Wicks
- Released at 2017



Filesize: 5.89 MB

Reviews

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