



Six Pack SECRETS: Strategies For Weight Loss, Muscle Definition & Success

Antonio Lozada

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The secret isn't to workout harder; it's to workout smarter... The six pack abs, toned arms and the lean, V-shaped torso of an Olympic swimmer are within your reach if you can only develop the will power and self-discipline to stick with a winning diet and training program. SIX PACK SECRETS by Antonio Lozada will provide you with the strategies and inspiration that you need to achieve your ultimate ambitions, and far beyond. SIX PACK SECRETS teaches practical, real-world solutions to realistic and attainable fitness goals for both men and women. You will lose weight, build muscle, transform your body into a fat burning furnace and in the process make positive, life-altering choices that will push your body, confidence and self-image to the next level. This will be the hardest task you've ever accomplished and also the easiest, with the mental tools and motivation presented to you in SIX PACK SECRETS.

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