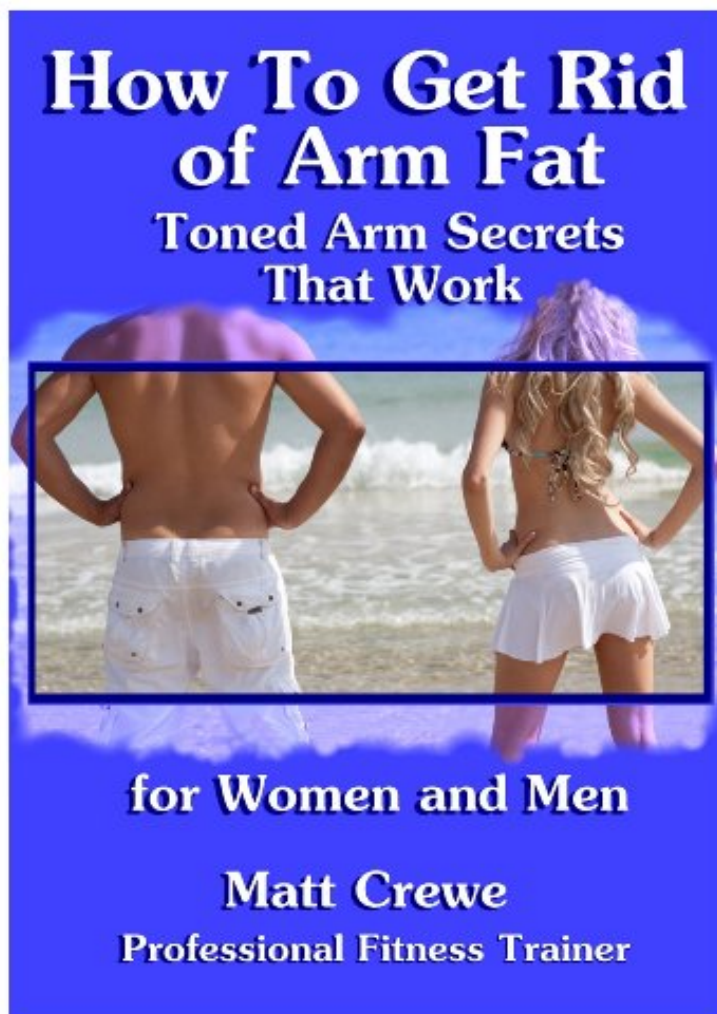


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How To Get Rid of Arm Fat: Toned Arm Secrets That Work (Better Body Fitness Book 1) (English Edition)



Par Matt Crewe
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Description :

Prsentation de l'diteurHow to Get Rid of Arm Fat: Toned Arm Secrets that Work is a guide designed to help both women and men to lose arm fat. Women in particular are known to carry extra weight or fat in the arm area, however, this is not to imply that men are negated from having excess fat in the arms. As we age, sagging arms can be some of the most predictable add on to an individuals body figure, and the arm area in general is one of the most difficult to tone regardless of gender.Author Matt Crewe is a Professional Fitness Trainer and has been helping both men and women in their quest to have a more toned body for years. In this

guide, the first of Matts Better Body Fitness Series, he will share with you the following, and much more. Best Exercises to Get Rid of Arm Fat How to Get Rid of Arm Fat for Women How to Get Rid of Arm Fat for Men Eating to Lose Arm Fat for Good Arm Fat Myths and Facts If you will follow the recommendations in this guide, flabby arms and excess fat can be a thing of the past and you will be on your way to more toned and sexy arms!

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