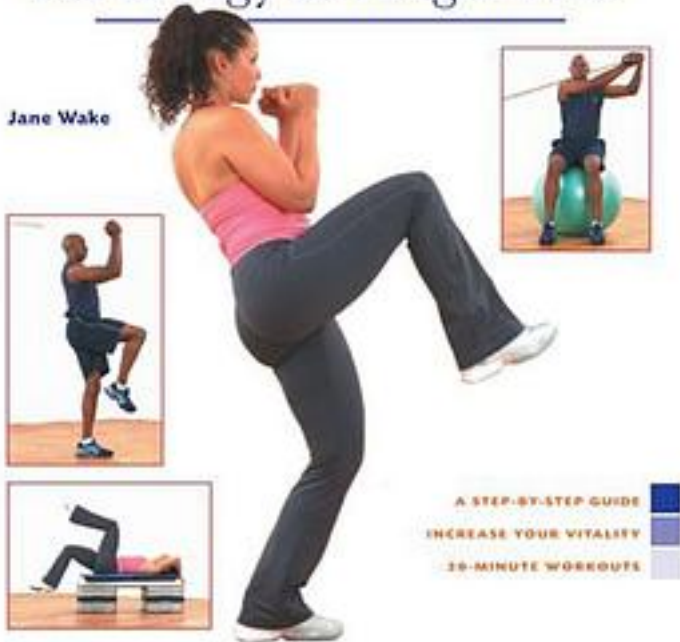


# Health Series

## Fat Burning Exercises For Energy & Weight Loss



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Kick, lunge, get active, and fight back against the effects of today's sedentary lifestyle and calorie-laden food. With these simple, carefully structured 20-minute workouts, the fat will seem to melt away almost effortlessly, while energy levels rise. Understand the principles of fat reduction, set realistic goals, and follow the exercises to look slimmer and leaner. Plus, the movements are so varied and imaginative, they'll keep boredom at bay-and keep exercisers motivated.

作者介绍:

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