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WALK THIN - WALK YOURSELF THIN BURN FAT FAST! (EXERCISE FOR WEIGHT LOSS DIET TIPS)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Have you ever tried to lose weight, but found it very hard to stick to it? Well, now you can follow The Walk Yourself Thin Burn Fat Fast Plan and lose weight easily. You will learn: - Intro to walking: Why walking is an excellent exercise. - How to warm up, stretch and prepare your walk. Important walking...

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- · Authored by Jake Jacobs
- Released at 2015



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