



**Lose Weight: Get in Shape and Lose Weight in 10
Minutes a day: for Men and Women (lose weight
Tips, lose weight Motivation, lose weight
smoothies) (Lose Weight Naturally Book 2)**

Frank Biss Novak

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Lose Weight: Get in Shape and Lose Weight in 10 Minutes a day

With these simple exercises, short workouts, and healthy foods, you can get in shape and lose weight in 10 minutes a day

What you will find in this book:

3 simple exercises to tone your muscles and lose weight

- **Beginner workout with the 3 exercises**
- **Intermediate workout with the 3 exercises**
- **Advanced workout with the 3 exercises**
- **Bonus exercise**

10 Tips to motivate yourself to exercise

10 Smoothies to lose weight

10 Best foods to lose weight

- **More healthy foods**

10 Tips to motivate yourself to lose weight

Just Walk

The 10 Minutes Super Walk

10 Benefits of working out and eating healthy

Begin your fitness journey now!

Lose Weight: *Get in Shape and Lose Weight in 10 Minutes a day*

With these simple exercises, short workouts, and healthy foods, you can get in shape and lose weight in 10 minutes a day

Lose Weight Naturally

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