



6 Weeks to Ripped: Workout Manual and Exercise Library

Sayan Sarkar

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In this jam-packed exercise stater guide, you'll get our PROVEN 6-week "lean body" plan, plus an extra NINE months of done-for-you workout plans. You'll also discover: *Men: Strip away your "spare tire" and carve out the coveted "V-shape"upper body with this 27-minute, 4-exercise workout. * Women: Shape up your belly, arms, butt, and thighs with these 2 simple, but effective "toning" exercises (PLUS strengthen the lifeblood of your body a.k.a. the posterior chain) * Sick of long, boring cardio sessions with zero results to show for it? Replace them for good, with these twice-a-week fat-blasting workouts (less than 30 minutes per workout!) * How to lose 30 pounds in 90 days with these 5 "no-brainer" exercises * What to do if you're starting from scratch with working out, and need to lose a lot of weight – fast. * 33 fat-blasting exercises, complete with pictures, descriptions, and video links * 9 months of done-for-you workout plans with proven fat-burning, lean-muscle building sequences for beginner, intermediate, and advanced levels.

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