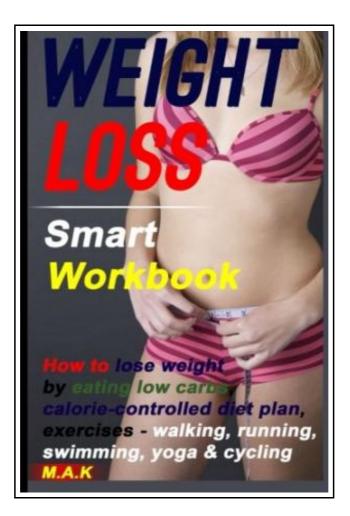
Weight Loss Smart Workbook: How to Lose Weight by Eating Low Carbs, Calorie-Controlled Diet Plan, Exercises - Walking, Running, Swimming, Yoga Cycling: How to Lose Weight, Weight Loss Motivation (Paperback)



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Reviews

Absolutely essential study pdf. It is one of the most incredible ebook i actually have go through. Its been printed in an exceedingly basic way and it is merely soon after i finished reading through this ebook where basically altered me, affect the way i think. (Darby Ryan)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Workbook. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Did you spend \$10 just to lose weight yet? And found NO result. Then this book is truly for you no more regrets after purchasing books. Are you one of this? You want to discover the tools and techniques of losing weight practically You want to become practically successful in losing weight now and forever You want to help others to lose weight You will learn. [The ultimate secrets of long term weight loss] To Control Calories How to calculate control your daily intake of calories? How to calculate your daily calorie requirements, burn off calories, calories in everyday meals? Calorie-controlled Diet Plan What is a calorie-controlled diet plan? Why? Realistic practical ways [Scientifically, medically mathematically proven techniques] How many calories to burn in order to shed 1 pound or 0.45 kg? How to assess your progress after exercising for a week? How to lose weight by walking, running, yoga swimming, and cycling? 11 power yoga poses with illustrated images Table of contents C1: Terms to calculate calories Calories Calorie Counters Basal Metabolic Rate (BMR)? Body Mass Index (BMI)? Body Fat Percentage (BFP)? Lean Body Mass (LBM)? Thermic effect of food (TEF)? Physical Activity Level (PAL)? How to calculate BMR, BMI, BFP, LBM, TEF, and PAL? C2: Calorie-controlled Diet Plan C3: Eating Low Carb Low Carb Intakes Low Fat Intakes C4: Walking to lose weight C5: Running to lose weight C6: Yoga to lose weight Hover Pose (Push-up) Chair Pose (Utkatasana) Tree Pose (Vrksasana) Plank Pose (Kumbhakasana) Side Plank Pose (Vasishtasana) Half-moon Pose (Ardha Chandraasana) Bridge Pose (Setubandhasana) Forward Bending Pose (Uttanasana) Warrior Pose (Virabhadrasana) Plough Pose (Halasana) Sun Salutation (Surya namaskar) C7: Swimming to...

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