



Beer Belly Workout: How to Lose Belly Fat Fast and Easy!

Eric Newman

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How to Get Rid Of Your Beer Belly Forever News flash: Wishing for a toned, flat stomach and doing hundreds of sit-ups a day doesn't work. So what does work? In this book you will learn how to get rid of your Beer Belly and get rid of abdominal fat, forever, with just twenty minutes of simple, effective exercises per day The Beer Belly Workout is for those who are ready to loose their beer bellies once and for all. It's designed to shrink your waist, strengthen your core and eliminate body fat . This is not a cookie cutter Ab workout. The goal is to have you shred fat while toning and strengthening your core muscles. It won't be easy, there are four very challenging routines. It's a 16 week journey that will take you time to get results but the results will be worth it. Beer Belly Workout will: *Melt Your Beer Belly! *Ignite Your Metabolism! *Strip Away Belly Fat! *Tone Your Abs! *Help you live a healthier and happy life The program was designed by Eric Newman who has over 15 years experience in the health and fitness field and has seen first hand what works and what doesn't for loosing weight, specifically Beer Bellies. He has put together a comprehensive workout that uses specific exercises to give you the best results. He won't have you doing just sit-ups and crunches because that won't eliminate your Beer Belly!! This program is focused on specific exercises that will help you loose fat and get in shape. It includes nutritional and lifestyle information that you need to make to ensure that your Beer Belly is gone forever. What are you waiting for.....Say your Good Byes Now!!!



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