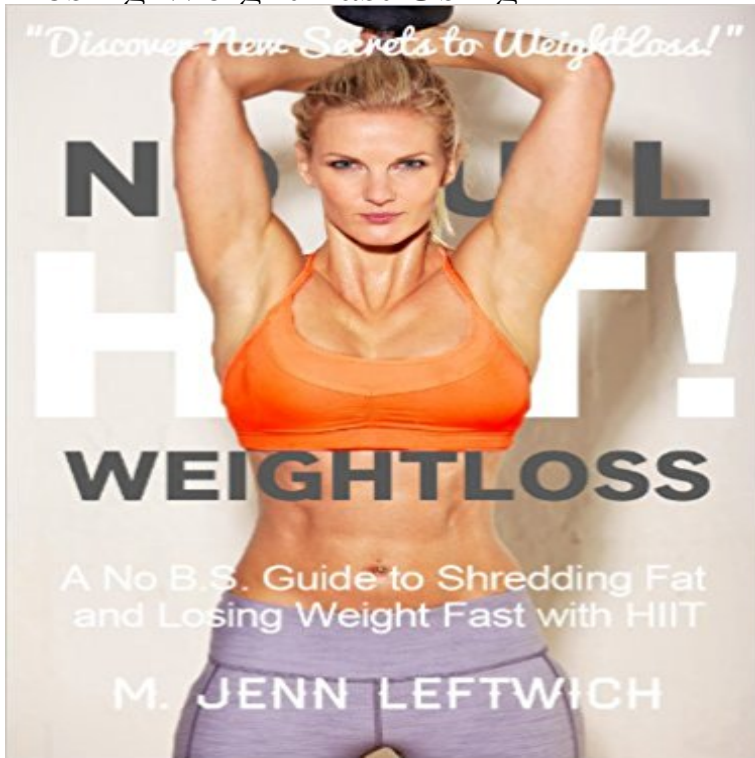


No Bull-HIIT! Weightloss: A No B.S. Guide to Shredding Fat and Losing Weight Fast Using HIIT



If you want to lose at least one clothing size in the next 2 weeks using simple HIIT techniques that take LESS than 20 minutes per day... then this new book by M. Jenn Leftwich will show you how. The book is called: No Bull HIIT! Weightloss. A No B.S. Guide to Shredding Fat and Losing Weight Fast Using HIIT. However, unlike most books about weight loss, this one is short and all meat (with no fluff or filler). In fact, you'll read it in less than 20 minutes. And it's perfect for busy people who want to lose weight fast, but who hate working out and consider it a necessary evil. Want to know exactly how to execute HIIT workouts for maximum results? (We've taken all the guesswork out, so you don't have to worry about what exercise to do). Want to know the only 4 nutrition tips you'll need for weight loss? (Nutrition isn't complicated--These 4 simple rules are all you need to potentially double your weight loss efforts). Plus, there is no suffering involved with these exercises. No grueling long distance jogging (long runs are forbidden!) And no special equipment is needed (you can do them from home if you want). Here are just a few of the secrets you'll learn inside: How to burn fat... while you sleep! (1 in 1000 fitness gurus know the secret science behind this trick -- and now, so will YOU, and it'll help you burn fat at nearly twice the rate you would normally.) How to condition your body to burn more fat. (Believe it or not, this is actually possible.) Why you should never do long distance cardio if you want to safely lose fat and have a great body that's the envy of your friends. (There's a reason marathoners have the dreaded tire around their midsection. Here's a much easier and safer way to exercise instead.) And much more! High Intensity Interval Training is how some of the more undisciplined celebrities, who get fat while they aren't in the public eye, are able to go from pudgy to slim in time for their next event. Again, a

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