



Make Over Your Metabolism: 4 Weeks to a Faster Metabolism and a Fitter, Firmer You

Robert Reames

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Focused 4-week program based on an innovative exercise concept—“metabolic burst training”—that turns the body into an efficient calorie-burning machine 24/7 with just 3 hours of exercise per week.

Special sequences of easy-to-do exercises customized to one’s fitness level, proven to deliver real fitness results.

Detailed photos show the suggested order and correct form for every exercise.

Expert nutrition advice to increase the metabolism and maximize the body’s ability to burn fat while also taming cravings.

Detailed recommended eating plan to help get the most out of each meal and snack.

Guidance to specific lifestyle practices that can be easily implemented into a daily routine to help normalize metabolism and ensure greatest results.

No gym membership required! Simple guide to designing a home gym—only five pieces of affordable basic equipment necessary.

Bonus: Optional programs, each 4 weeks long, which target specific trouble zones (i.e., abs, thighs, hips, etc.) and step up fitness level.

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