

Beach Bums and Tums: Your Four-Step Plan to the Perfect Summer Bod

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Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook. (Lawrence Keeling)

BEACH BUMS AND TUMS: YOUR FOUR-STEP PLAN TO THE PERFECT SUMMER BOD



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Hachette Books Ireland, Ireland, 2014. Paperback. Book Condition: New. 197 x 130 mm. Language: English . Brand New Book. Want to get beachready but don t know where to start? Look no further, as Karl Henry s proven Beach Bums and Tums Plan shows you how to get into shape for summer and wave goodbye to bingo wings, in just four easy steps. This simple programme of motivation, food and fitness - tried and tested on hundreds of satisfied clients - is guaranteed to produce clear results in four weeks. And it won t leave you craving the carbs either! So why wait? The new you starts here and now - fitter, more fabulous and finally ready to remove the layers and step out onto summer sands with confidence.

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