



Weight Loss: Twenty Pounds in Ten Weeks- Move It to Lose It

Bob Weinstein

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Weight Loss and weight management book with a ten week exercise and eating plan to lose twenty pounds. Full of easy-to-use tools to organize and implement the program: exercise photos, ten week exercise chart, 1,200 and 1,600 calorie menus, calorie burn charts, workout log, food diary and more. The author, Lt. Col. Weinstein has been featured on the History Channel.

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