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101 Fat-Burning Workouts & Diet Strategies For Men: Everything You Need to Get a Lean, Strong and Fit Physique (101 Workouts)

Michael Berg NSCA-CPT

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The perfect resource for anyone looking to lose weight and look great, this health guide includes easy-to-follow cardio and weight training routines, recipes, and meal plans. Following on the heels of the ultra-successful Triumph titles, *101 Workouts* and *101 Workouts for Women*, is a new book in the "101" series that delivers even more breakthrough fitness advice for people of all ages. In *101 Fat-Burning Workouts & Diet Strategies for Men*, the editors of *Muscle & Fitness* magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes.

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