

[PDF] Fit2Fat2Fit: The Unexpected Lessons From Gaining And Losing 75 Lbs On Purpose

Drew Manning, Bradley Ryan Pierce - pdf download free book



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Description:

From the Back Cover

Reinventing the Way to Weight Loss

Fast and Effective Workout Routines Thirty Foundational Exercises Three Month-Long Meal Plans

Now Includes Even More Healthy, Delicious Recipes, Before-and-After Photos, and Incredible Success Stories

About the Author

Drew Manning is a personal trainer, blogger, and former medical technician. Manning has been featured on Good Morning America, The Dr. Oz Show, and The Tonight Show. He lives with his wife, Lynn, and two children just outside Salt Lake City, Utah.

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