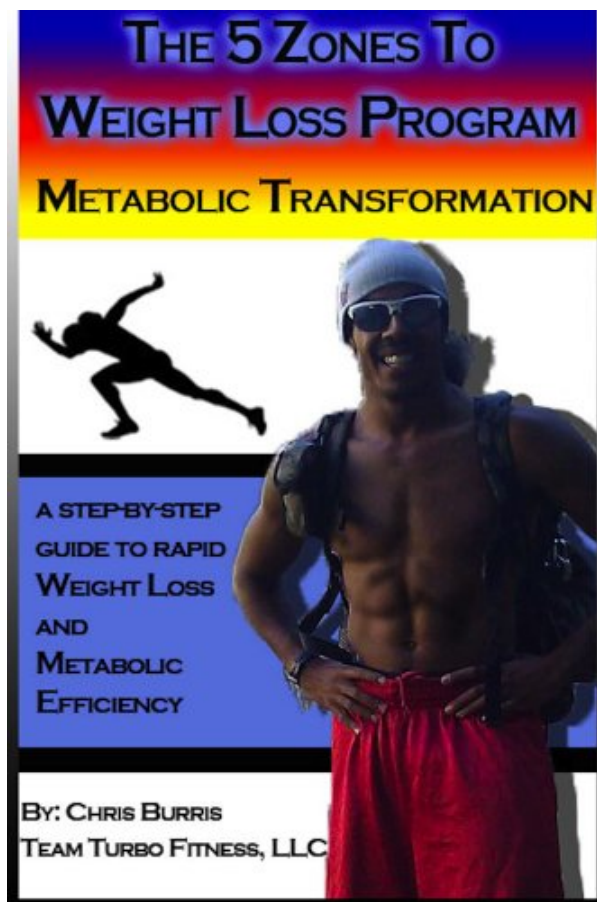
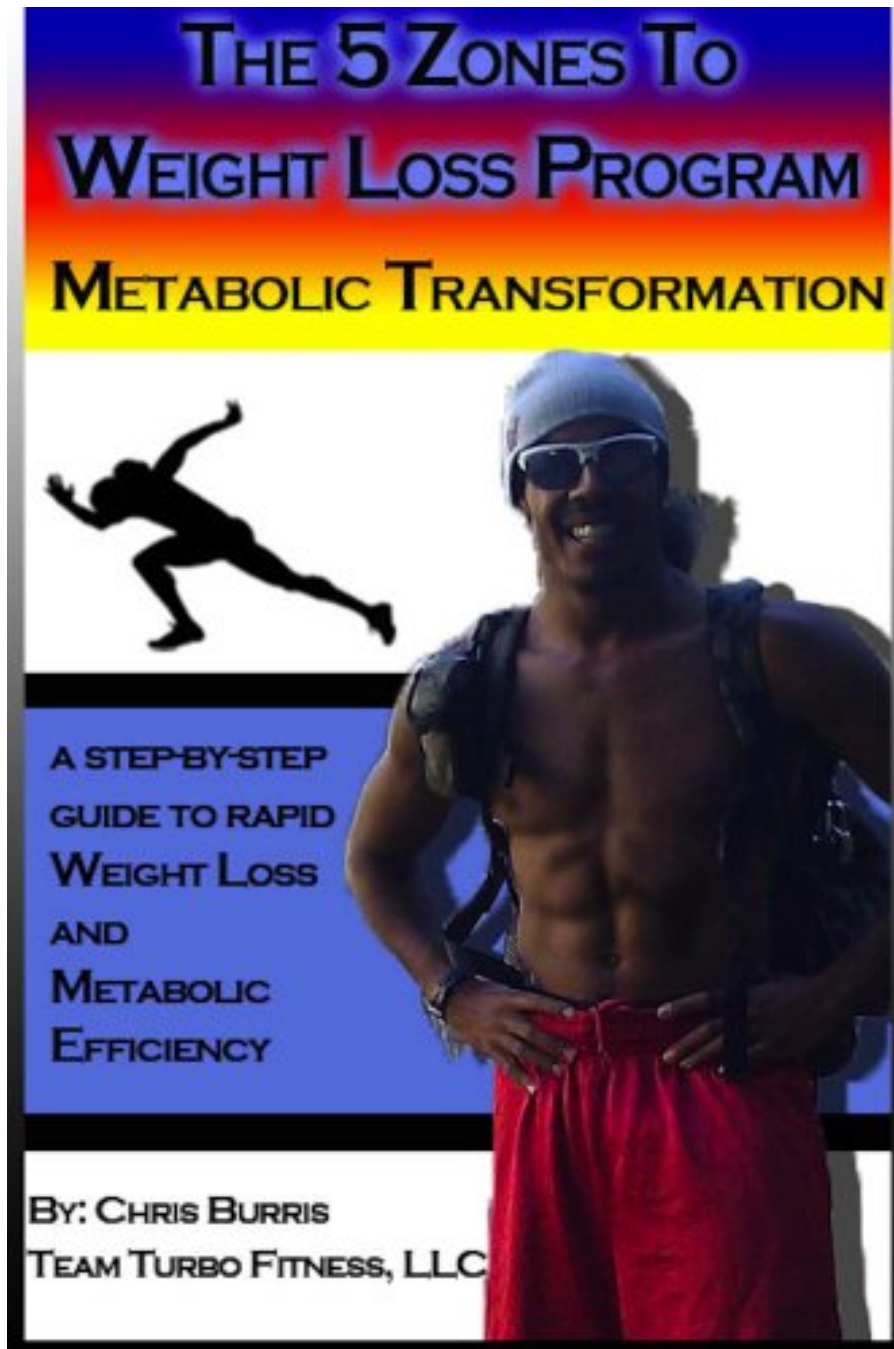


THE 5 ZONES TO WEIGHT LOSS PROGRAM: METABOLIC TRANSFORMATION BY CHRISTOPHER BURRIS



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Are you always thinking about how you can effectively lose weight? If you're someone who wants to shed massive amounts of weight, and improve strength, and muscle tone in as little as 4 weeks with instant results, then you're about to discover a powerful, effective, and dominating program designed to do just that! "The 5 Zones to Weight Loss Program: Metabolic Transformation" goes through a step by step guide to decrease weight and increase Strength, Muscle tone, and Metabolic efficiency. This book will show you each step with examples so you have a tactical plan to decrease your weight in as little as 4 weeks.

Inside this book you'll get;

- Detailed day by day weight room workouts
- Detailed day by day cardio workouts
- Step by step instructions
- Exercise photos
- Advice from my success
- Tips for improved Performance
- Access to free workouts

If you are sick and tired of training for countless hours without seeing results and want to improve your life by decreasing body fat and overall weight, then this book is for you! It will save you time and you'll learn the strategies from someone who has already done it, so you don't waste your time with ineffective programs! Christopher Burris built this comprehensive guide to give you a complete process you can follow to increase your metabolism and lose weight!

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- Published on: 2013-12-17
- Released on: 2013-12-17
- Format: Kindle eBook

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2 of 2 people found the following review helpful.

Excellent for a health transformation

By Brittany Wedgle

If there is one person I would trust with my health and weight loss, it is Christopher Burris. He is honest, and truthfully considerate. Extremely knowledgeable and kind. A must read! Trust me, there is no going wrong with this book. Great way to start your journey to a healthier you. Thank you, Chris!

1 of 1 people found the following review helpful.

Science in Action!

By Jeff

Chris don't take in consideration the recommendations of many personal trainers who teach many things that don't work. Through this powerful training guide, by focusing only in the important and removing the unnecessary, he shows you an easy to follow program to get result that you want.

He offers you an effective program named "The 5 Zones to Weight Loss Program" that will help you to boost your metabolism and with it, be able to lose weight.

There is no magic pill, however to lose weight is very easy if you know how. You will discover the answer: change the program for change your result.

Your can see Chris Burris like an Authority in the field.

1 of 1 people found the following review helpful.

Biomechanism at it's best!

By Anthony Leaks

Ironically that January is right around the corner and that weight loss is usually one of many people's resolution goals. Instead of waiting then I decided to start now. After reading this book it educated me on the science behind weight loss and not just running a 10k after eating that Snickers bar. The author did a good job on this book that I read his other one on Speed Training because that's my goal right after I lose some weight and it's just as informative. Can't wait to run that 100 and 200m in fast times.

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