



The Belly Off! Workouts: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat--Fast!

Jeff Csatari, David Jack

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Banish belly fast, lose weight, and build lean muscle with simple at-home workouts designed specifically for men and women who don't like to go to the gym.

Using the basic diet principles and easy workout strategies found in the bestselling *The Belly Off! Diet*, this new book offers beginners an ultra simple program of no-gym, no-gear exercise routines that they can do in the privacy of their own home to shed belly fat fast and improve their health starting with the first easy workout.

The genius of this exciting new fitness manual is that it's accessible to anyone of any fitness level, but mostly to people who haven't pried themselves from the couch cushions in years, let alone touched their toes. The workouts progress from easy walking intervals and simple calisthenics to bodyweight-only exercises that build strength and muscle, the true secret to fast, sustainable weight loss. The workouts are based on those that worked best for Belly Off! Club members who have lost 50 pounds or more. Most of the workouts take 20 minutes or less and can be done at home, far away from intimidating gyms.

With a review of Belly Off! Diet principles, dozens of new weight-loss tips and delicious new recipes, *The Belly Off! Workouts* by Jeff Csatari and the Editors of Men's Health is a total package choreographed to take the out-of-shape beginner from flabby to fit in just four to six weeks' time.

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