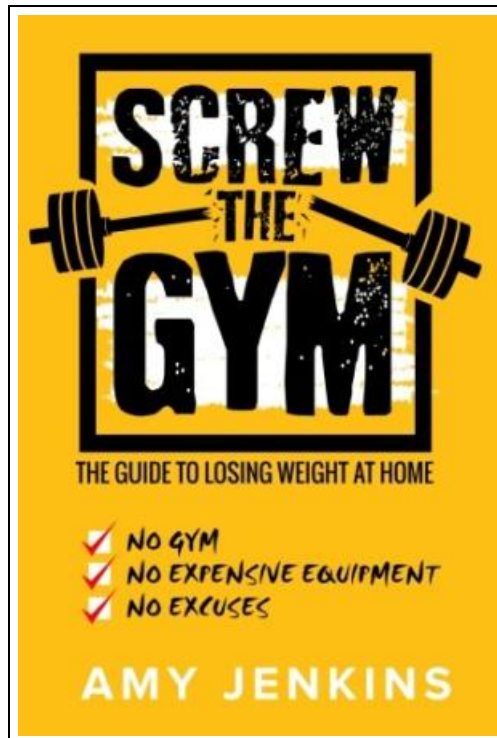


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Too lazy to go to the gym every day to lose weight? Don t want to waste money on expensive fitness equipment but still want a fit body? **FREE BONUS INCLUDED:** If you download this book, you will get a **FREE DOWNLOAD** of a best selling book from Amy Jenkins, **How To Be Happy! Real Ways You Can Achieve True Success Happiness In Your Life!** From the best-selling author, Amy Jenkins, comes **Screw the Gym!: The Guide to Losing Weight at Home - NO Gym, NO Expensive Equipment, NO Excuses!** This book will help you begin improving your body and health without needing to go to the gym. If you are trying to lose weight but don t have easy access to the gym. If you don t have enough money to spend on expensive fitness equipment. Or if you just want a fit and sexy body and to live a healthy life. **THEN THIS BOOK IS FOR YOU!** This book provides you with the perfect guide to lose weight without having the need to go to the gym! It comes with excellent tips, effective workout routines, and all the information that you need to implement these **IMMEDIATELY** into your life! If you successfully implement these tips, you will. - Start losing weight and achieve a fit body **FAST** - See awesome changes and tone your body with simple exercise routines - Say goodbye to inches off your waist and other hard-to-lose areas - Gain confidence with your new sexy body - Transform your body and mind in **JUST A FEW DAYS!** Tags: no gym, lose weight at home, lose weight without exercising, lose weight without gym, home workouts, home exercises,...

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