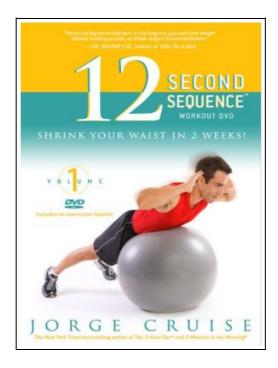
# The 12 Second Sequence Workout: Shrink Your Waist in 2 Weeks!



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## Reviews

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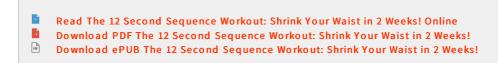
(Tad Stanton Sr.)

### THE 12 SECOND SEQUENCE WORKOUT: SHRINK YOUR WAIST IN 2 WEEKS!



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Hay House Inc, United States, 2008. DVD video. Book Condition: New. 180 x 138 mm. Language: English. Brand New Book. The 12-Second Sequence Workout DVD: Volume is the first in Jorge Cruise s revolutionary new fitness collection. The 12-Second Sequence is a revolutionary way to shrink your waist in just two weeks. Strength train with this DVD for 20 minutes just twice a week and restore precious fat-burning muscle, which has been proven to target belly fat and rev your metabolism by 20 percent every day. Change your body with Jorge s simple and personalized coaching sessions, plus check out the free DVD booklet inside, which includes a detailed explanation of how the program works, diet and nutrition guidelines, and testimonials from actual clients who reached their goals.



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