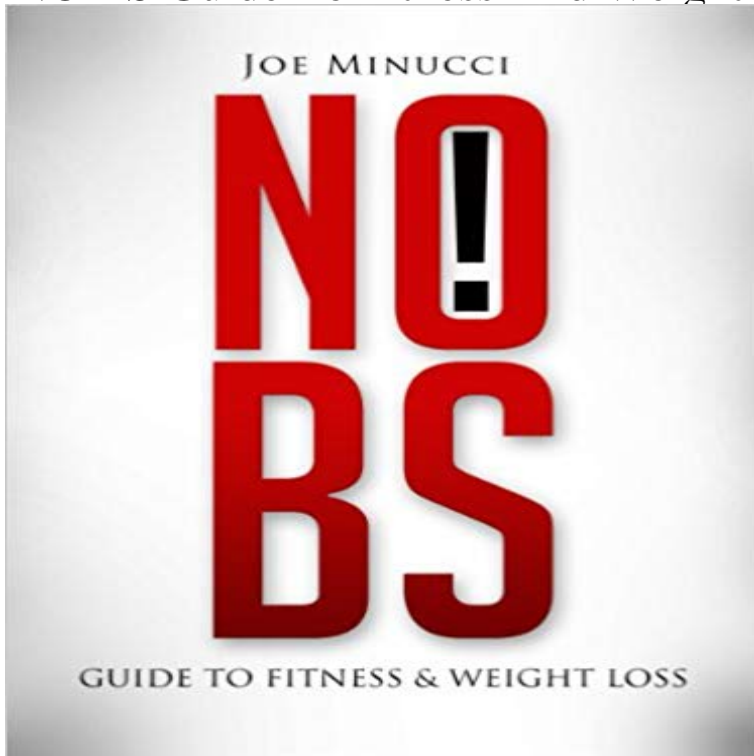


NO BS Guide To Fitness And Weight Loss



An easy to understand guide to how to effectively utilize the secrets used by fitness and nutritional Guru Joe Minucci that has helped many people drastically transform their health, lives and physiques in as little as 16 weeks. Learn how perform your own fitness assessment, set goals, stay motivated and develop your own fitness and nutritional plans as good as any personal trainer or nutritionist and enjoy the many benefits that come with a healthy lifestyle.

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