



The 10-Minute Workout: Upper Body Blast

Christopher Burris

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Are you always thinking about how you can make time to workout and live the healthy way of life? If you're someone who wants to increase their Strength, Power, endurance and Fat burn in as little as 10 minutes with instant results, then you're about to discover a powerful, effective, and dominating program designed to do just that! "The 10-Minute Workout: Upper Body Blast Program" goes through a step by step guide to obliterate Fat and Build Muscle in 10 minutes a day! This book will show you each step with examples so you have a tactical plan to build the ultimate upper body in 10 minutes a day!

Inside this book you'll get;

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

If you are always busy and need a program that will build your ultimate lower body and destroy fat while building muscle in a safe, effective and FAST way, 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 blast your lower body in 10 minutes a day!

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