

Making The Cut 30 Day Diet And Fitness Plan For Strongest Sexiest You Jillian Michaels

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"Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You" sets itself apart from the myriad of fitness and weight loss books at your local bookstore because Michaels' program uses the process of oxidizing as a way to determine what kind of a metabolism your body has in order to lose weight effectively.  
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