



# **Super Simple Quick Workouts For Women - Fat Loss Exercise Routines for Sculpting your Butt, Thighs and Abs (Fit Expert Series)**

*Andy Charalambous*

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# **Super Simple Quick Workouts For Women - Fat Loss Exercise Routines for Sculpting your Butt, Thighs and Abs (Fit Expert Series)**

*Andy Charalambous*

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## **Listen up! Who wants to lose weight, get fit and tone up their whole body in under 20 minutes?**

### **Do your workouts take more than an hour for you to get through?**

Spending over an hour working out is not necessary. If you have a certain look that you want to achieve then it is perfectly possible to reach that goal with less than 20 minutes training a day.

### **Are you just too busy each day to do a full workout?**

This is perfectly understandable especially if you have a lot of responsibilities such as a business to run or a family to take care of....or both. It is not easy to fit in an hour of training each day. However, 20 minutes of training should be manageable.

### **Do you want to drop a size or two and also boost your confidence?**

At the end of the day it is not about how much you weigh, rather it is about how you look and how you feel. With the right exercises and routines you should be able to drop a size within a couple of weeks. You need to be dedicated too.

### **Do you find it difficult to be consistent in your training because of time?**

It is quite easy to give up on your workouts after a few sessions when you discover that they take up just too much of your valuable time. However, it wouldn't be so difficult if you could cut your training time by half and still see amazing results.

“Super Simple Quick Workout Routines for Women”, is a collection of some of the best quick workout exercises taken from my “Fit Expert Series” of health and fitness books for women.

This book features 11 health and fitness experts who have documented their advice on how to lose weight, burn fat and tone up your body. There are four sections of the book that focus on an overall full body workout. The sections are:

- Fat Burning.
- Core Exercise Routines.
- Butt & Thigh Exercise Routines.
- General Wellbeing.

Each section features 3 different workout routines provided by 3 fitness trainers. So for the first three sections, (fat burning, core training, butt and thighs), you have 9 exercise routines to choose from. These are all very easy to follow quick workouts for novice exercisers, intermediate exercisers and even those who have been training for years.

The last section features advice on general wellbeing of the mind, body and spirit to help round off the program.

## **Pick and choose the routine that suits you best.**

That's right, you can literally design your own mini quick workout program by just picking a routine from each of the sections providing you with a full body workout.

If you just want to get a quick training session out of the way then all you have to do is pick just one of the routines and follow it through. You could literally pick a new workout for each day of the week and still have some to spare. You will never get bored!

### **Here is what can you expect from this book:**

- You can sculpt all the important areas of your body and burn fat at the same time.
- Only the best and most effective quick workout exercises are featured.
- The information in this book will benefit novice, intermediate and even expert exercisers.
- You can workout in the comfort of your own home.
- The book offers cutting-edge workout and nutritional advice which will help you drop in size and sculpt the body of your dreams.

**Get Started Now! Get a head start to the New year!**

## **!FREE GIFTS!**

**Inside there are some amazing bonus gifts for every reader!**

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