



The Eat-Clean Diet Workout: Quick Routines for Your Best Body Ever (with DVD)

Tosca Reno

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Eating Clean gets and keeps you lean. But if you want your metabolism to burn faster than ever before; if you want to shape the body you've always wanted; then The Eat-Clean Diet Workout is for you. Think fitness comes only with hour upon hour of exercise? Nope! Tosca will show you that you can have a better body than you ever dreamed possible, in 30 minutes a day, four days a week. Don't believe it? You will, 'cause Tosca's workout will get you there.

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