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The South Beach Diet Super Charged

By Arthur Agatston

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, The South Beach Diet Super Charged, Arthur Agatston, Faster weight loss, a unique metabolism-revving exercise program, new science, fresh meal plans and recipes, compelling success stories, and much more! Six years ago, renowned Miami cardiologist Dr. Arthur Agatston set out to change the way people eat with "The South Beach Diet". The book soared to the top of bestseller lists across the nation and stayed there. Today, Dr. Agatston has an even more ambitious goal: to change the way we live by helping us to become fitter as well as thinner and healthier for life! To make it easier and faster to lose weight and keep it off, Dr. Agatston features a cutting edge exercise program in "The South Beach Diet Supercharged". Created in collaboration with exercise physiologist Dr. Joseph Signorile, the 20-minute-a-day, three-phase workout perfectly complements the three phases of the diet itself. Based on the latest exercise science combining cardiovascular (interval) exercise and functional (core) fitness, the workout is designed to rev up the metabolism - and burn more fat and calories - even when you're not exercising.



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