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Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program

Beto Perez, Maggie Greenwood-Robinson

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Note: This is a Hardcover book with DVD.

TIRED OF LOGGING HOURS AT THE GYM AND NOT GETTING RESULTS?

WANT TO EAT DELICIOUS FOODS AND STILL LOSE WEIGHT?

SHAKE THINGS UP AND SLIM DOWN WITH THE WEIGHT LOSS PHENOMENON THAT'S TAKING THE COUNTRY BY STORM...ZUMBA!

Created by celebrity fitness trainer Beto Perez, Zumba combines fun, easy-to-follow dance steps with hot Latin beats to help you shed pounds and inches fast. Now the DVD and classes that have hooked millions are available in book format, with a complete workout program, fat-burning diet, as well as a DVD with a 5-minute instructional demo that shows the basic moves you'll need to learn plus 60 minutes worth of music to help you Zumba your way to the perfect body.

Using the principles of interval and resistance training, the simple dance and sculpting moves (inspired by the traditional cumbia, salsa, samba, and merengue) tone and shape your body. And because it burns 600 to 1,000 calories per hour, you don't have to restrict your meals to boring or bland-tasting diet foods. The Zumba diet begins with a 5-Day Express Diet to jump start weight loss (lose up to 9 lbs in 5 days) and then offers 14-day meal plans and recipes that target weight loss in the stomach and thighs. You'll find:
· Hot moves that make you feel like you're on the dance floor-not on the elliptical machine!

· Recipes for mouthwatering meals that boost your metabolism

· Dozens of workout combinations so you never get bored

· An exclusive jump-start program to get you ready for that big event next weekend

· An easy plan to help you keep up your progress and maintain the weight loss

So start moving, grooving and losing with Zumba today!

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From reader reviews:

Judith Rayl:

This Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this reserve incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This particular Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program without we realize teach the one who reading through it become critical in pondering and analyzing. Don't possibly be worry Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program can bring once you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even mobile phone. This Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program having great arrangement in word along with layout, so you will not experience uninterested in reading.

Arthur Elsberry:

This book untitled Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program to be one of several books which best seller in this year, this is because when you read this publication you can get a lot of benefit in it. You will easily to buy this particular book in the book retailer or you can order it by means of online. The publisher with this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smartphone. So there is no reason for your requirements to past this guide from your list.

Gregg Spencer:

In this particular era which is the greater man or who has ability in doing something more are more important than other. Do you want to become one among it? It is just simple way to have that. What you have to do is just spending your time not much but quite enough to get a look at some books. One of several books in the top listing in your reading list is definitely Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program. This book and that is qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking up and review this publication you can get many advantages.

Martha Bryant:

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