



Hot Point Fitness: The Revolutionary New Program For Fast And Total Body Transformation

Steve Zim, Mark Laska

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A complete plan for total body transformation, Hot Point Fitness introduces more than 100 unique super-exercises, demonstrating routines that exact 100 percent muscle output for leaner and denser muscle in a fraction of the time standard weight-training and aerobic exercises take to get results. When seen through MRI scans, muscles actually glow red hot after these incredible workouts. Focus-ing on precision in movement and on exercise variation, Hot Point Fitness presents amazing three-, four-, and five-day-a-week workouts as well as advice on the optimum foods to fuel the body, manipulate metabolism, and burn that stubborn fat.

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