



The Physique 57(R) Solution: The Groundbreaking 2-Week Plan for a Lean, Beautiful Body

Tanya Becker, Jennifer Maanavi

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What if you could achieve your best body starting now? **THE PHYSIQUE 57® SOLUTION**, celebrity praised and widely loved, is designed to systematically sculpt your muscles to create a lean, beautiful shape. This unique, effective workout combines interval training, isometric exercises, and orthopedic stretches to rapidly and dramatically transform your body. No matter your level of fitness, the Physique 57 technique will keep you challenged, motivated, and entertained. Now combined with a healthy and delicious meal plan, this two-week program will help you get your best body fast. Discover:

- Step-by-step, **groundbreaking workouts** offering major calorie burn
- A **bonus DVD with a 30-minute workout** you can do anywhere, anytime
- A super-slimming **two-week meal plan** · Innovative choreography, including **muscle-defining** arm exercises, intense seat-and-thigh sequences, and **waist-chiseling** ab moves
- A variety of **flavorful and healthy recipes** for breakfast, lunch, dinner, snacks, and dessert

Drop pounds, lose up to 10 inches, and transform into the best version of yourself.

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