

Product DescriptionIf you want to lose weight after your pregnancy, and **LOOK BETTER AFTER YOUR PREGNANCY THAN BEFORE YOUR BABY** this is the ebook to get: - An easy step-by-step guide for **NEW MOTHERS- The Ultimate After-Pregnancy Guide-** Everything presented in a step-by-step manner- Lose post pregnancy weight fast - Effective exercises used by fire departments, law enforcement agencies, the military and martial arts clubs, but for new mothers. How you as a mom can put their secrets to work for you.- Get your body back in 12 weeks.- Simple exercises you can do at home, without any equipment.- The workout program consists of high intense and effective exercises for moms that last around 10 to 20 minutes.- With a **DETAILED EXERCISE PROGRAM** for each day of the week: Monday, Tuesday, Thursday, Friday, Saturday and Sunday for the next 12 weeks.- Before you start your weight loss program -- Important factors you should seriously consider.- Be your one personal trainer-cheap- With a **DETAILED MEAL PROGRAM** for you for each day of the week - when to eat, and what to eat for breakfast, am snack, lunch, pm snack, dinner and after training snack for the next three months. -Easy and affordable diet program.- Get back into your skinny jeans again.- Now you can look fit and sexy. - Now you can have a flat stomach after your baby- You can be the sexy mama you want to be.-10 weight loss tips for new moms.- 8 special tips for breast-feeding moms.- Exercise next to your baby. Put down your beautiful baby and start this effective exercise and diet program to burn fat and tone up your tummy, hips, buns and legs **FAST** - Including a Recipe Book with Easy Recipes that that are delicious, healthy and will help you lose weight **FAST**.- And much more. If you want to **LOOK BETTER AFTER YOUR PREGNANCY THAN BEFORE YOUR BABY**, get this ebook **FAST**

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