



# Extreme Fat Loss Manifesto: 10 Steps To Quickly & Easily Lose 20 Pounds Or More

*Noah Daniels*

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An athlete looking to cut ten pounds to be able to compete in his weight class, a soccer mom who is fifteen pounds overweight and a man who has packed on an extra thirty five pounds should all be approaching fat loss differently.

The Extreme Fat Loss Manifesto is mainly for the third group of people I just mentioned. The people who really need the help the most.

The guys and girls who need to lose twenty pounds or more. Whose body fat percentage is over 30% for women or 20% for men. People who are in an area where their lack of fitness really is posing a serious health danger to themselves. In addition to looking terrible and suffering at work, in recreation and even in bed.

Here is what you will learn in this guide:

- Learn Why More People Are Overweight Than Ever
- Discover The Keys To Calorie Control
- What You Eat is as Important as How Much You Eat
- Answer the Cardio Question
- Break The Supplement Code
- .. and much, much more..

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