



The 7MinuteWorkout Story - Your Final Fitness Solution: Get Fit, Get Healthy, Get Rich!

Jean Shaw

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The 7MinuteWorkout Story - Your Final Fitness Solution: Get Fit, Get Healthy, Get Rich! Jean Shaw YES! - You Really Can Get Into The Best Shape Of Your Life Exercising Seven Minutes A Day, Three Times A Week!

Joel Therien is the CEO of Global Virtual Opportunities, but you'd be forgiven for thinking he spent half his life in the gym. He has the kind of physique most people spend hours every day trying to achieve.

Chris Reid, is also super toned, which is what you'd expect from a Tai Kwon Do world champion, but both train in exactly the same way.

Together, they are the co-founders of **The 7MinuteWorkout**, and know the **secret to building lean muscle**.

It's NOT what you might think.

They also know **why most people give up on their diets and exercise programs**, and again it's NOT what you might think.

In The 7MinuteWorkout Story, you'll **discover the scientific evidence** to both of the above, and **learn how you can get into the best shape of your life exercising just seven minutes a day, three times a week**, just like Joel and Chris!

I know what you're thinking - it **sounds too good to be true**.

That's why I wrote the book.

Now you can learn who's behind it, how it works and the scientific evidence as to why it works, plus **read true member stories** of how it's **changed their lives**.

The 7MinuteWorkout Story will explain simply how this lifetime health and fitness program and optional global home business opportunity can help you get fit, get healthy and get rich!

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Charles Smith:

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