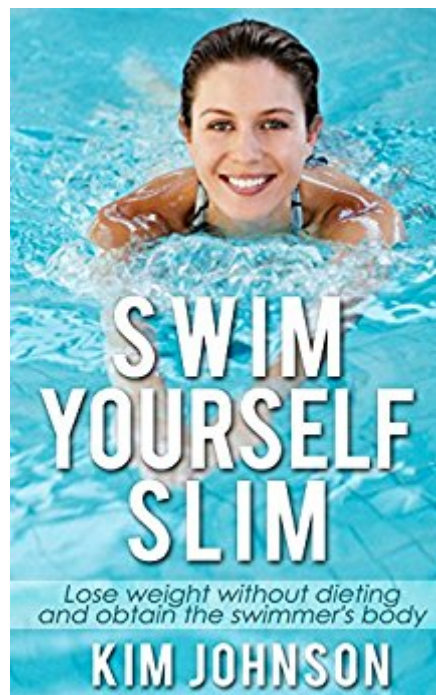


The book was found

Swimming: Swim Yourself Slim And Obtain The Swimmer's Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... Detox, Mediterranean Diet, Build Muscle)



Synopsis

LIMITED TIME OFFER: SPECIAL BONUS WORTH \$10.39 INCLUDED
Have you ever wondered how skinny people consume a tons of food and still manage their weight? Do you want to be one of those "skinny bi***es?" Too many people go on a diet cutting out the foods that they love, spending countless hours on a treadmill thinking that it will magically make them skinny, But the truth is, losing weight doesn't have to be that difficult. In this book you will find how to lose weight without actually "dieting" In this book Swimming: Swim Yourself Slim and Obtain the Swimmer's Body: Losing Weight, Get Lean & Stay Healthy you will learn things like... How to lose weight without actually "dieting" What make swimming the best cardio you can do for weight loss What types of swimming techniques results you in maximum calorie loss Step-by-step swimming routine that guarantees your weight loss Many tips recommended by the author! Scroll up, and Click Buy now with 1-Click to Grab a Copy Today!!

Book Information

File Size: 346 KB

Print Length: 23 pages

Publication Date: October 18, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00ONJK7T8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #443,973 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #58

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Vegan #60 in Â Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming

#128 in Â Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

Customer Reviews

I have tried different recipes to lose weight but its really difficult to control your diet. For many days I

was looking for a way to lose weight without sacrificing my diet. One of my colleague suggested me to try swimming in order to lose weight. It sound weird that how swimming can help me in losing weight. I searched it on internet and found it interesting and i purchased this while searching on google.I am using the techniques suggested in this book and its really working. I have lose some weight and without changing my eating routine. Awesome !

I've been trying to lose weight for a while, but struggled to go to the gym because I didn't have the motivation. This book was like a life savior to me because it showed me how I can lose weight by swimming. I don't have to push myself to the gym everyday, right now I easily go to the swimming pool and everyday looking forward to doing that.If you want to lose weight by swimming, then this book can definitely can help you do that.

What?! There is absolutely nothing new in this book. I learnt nothing. The dietary advice is non-existent, the swim coaching is very basic and I am left with money and time wasted.

I love to swim and this book will help me set up a weight loss program with it. I can't wait to get started. Thank you!

Doesnt worth the time

Swimming is a great way to lose weight. Great book!

These reviews seem to be made up-- this was an extremely disappointing purchase. The "book" is only about 6 pages long and has no useful or helpful information whatsoever. I returned the book and I roll my eyes at someone who wants to make money by publishing only common knowledge and then writing nonsense rave reviews about it. That's shameful money-mongering.

Some really good advice, some general knowledge that doesn't have great detail but a very well rounded book as a basic start in obtaining a swimmers body. For the price, it's worth a read and I would recommend just don't expect to have the knowledge of an ultimate expert after reading.

[Download to continue reading...](#)

Swimming: Swim Yourself Slim and Obtain the Swimmer's Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... detox, mediterranean diet,

Build Muscle) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Carb Cycling: The 7-Day Carb Cycle Transformation - Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: CARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and

Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Mediterranean Diet Cookbook: The Healthy Living Mediterranean Diet Guide for Smart People – With Kitchen Tested Recipes & Diet Success Tips (Mediterranean Diet, Mediterranean Diet for Beginners)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)