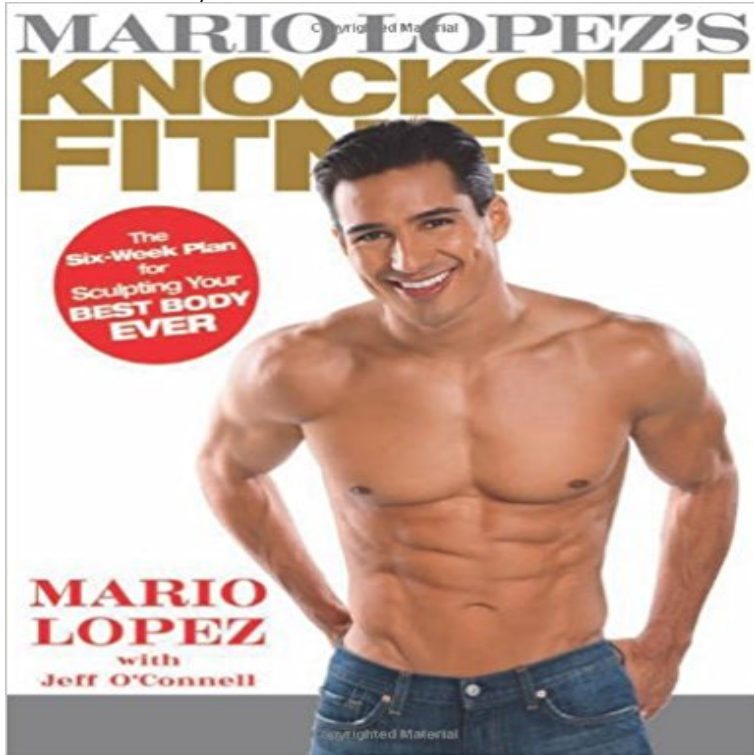


# Mario Lopez's Knockout Fitness: The Six-Week Plan for Sculpting Your Best Body Ever



Ready to achieve that toned, hard body you've always wanted and have fun while doing it? Start your knockout fitness journey with expert Mario Lopez and gear up for results. Mario's cutting-edge workout program provides easy-to-use, enjoyable methods for sculpting muscle, melting fat, and looking great. Unique exercises will keep you focused in and out of the gym, and creative meal plans will satisfy. You'll also learn the value of endurance activities like dancing, swimming, and running; discover 10-minute tone-ups and tips for a healthier lifestyle; and begin the quest for a better you in three simple, proven phases. This innovative three-phase program is a refreshing alternative to dull, old-school workouts. Regardless of your fitness level, current weight, age, or gender, Mario's program will: -Help you burn fat and build muscle -Quickly transform and tone your body -Show you how to keep your new form forever Unlike many of the get-fit-quick plans out there today, Mario's program makes no false promises; he simply shows you how to get your desired results and keep them for life. If you want a program that works and includes visible results, then Mario Lopez's Knockout Fitness is a must.

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