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Be a Loser!: Lose Inches Fast--No Diet [Greer Childers, Bobbie Katz] on bongodogdesigns.com *FREE* shipping on qualifying offers. It takes only 15 minutes a day, and there's no dieting! Greer Childers shows how to lose inches from your waist, hips. Reviews: Greer Childers shows how to lose inches from your waist, hips, and thighs in the very first week. Using the revolutionary BodyFlex program, readers can tone away flab and increase energy through accelerated aerobic deep breathing with stretching, isometric, and isotonic bongodogdesigns.coms: It takes only 15 minutes a day, and there's no dieting! Greer Childers shows how to lose inches from your waist, hips, and thighs in the very first week. 3/5(1). Apr 28, Through the daily, fifteen-minute routine of breathing, isometrics, and isotonic exercises that makes up her BodyFlex program, the author shows how to slim down and attain good muscle tone/5. Lose Inches Fast--No Diet by Greer Childers, Bobbie Katz It takes only 15 minutes a day, and there's no dieting! Greer Childers shows how to lose inches from your waist, hips, and thighs in /5(8). Want to lose inches off your waist in just a few weeks (and without changing your diet or exercising more)? Then try this simple trick today. If you're like most people, you want results and you want them fast.

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