



## The South Beach Diet Supercharged

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By Arthur Agatston

Paperback. Book Condition: New. Not Signed; A new version of the original million-copy bestseller, The South Beach Diet Supercharged truly super-charges weight loss thanks to the addition of a unique 3-phase exercise plan. The principles of the diet are essentially the same - Phase 1 is about short, sharp weight loss for those with more than 10lb to lose, Phase 2 is about reducing calorie intake and finding balance, and Phase 3 is about maintenance. But now with the added exercise component, dieters will be able to burn more fat (including belly fat) faster on their way to permanent weight loss and better health. The unique interval training programme is designed to rev up your metabolism and perfectly complements the three phases of the diet. During interval training you switch between short bursts of high-intensity exercise and rest periods. The bottom line: you burn more fat and calories than you would in conventional exercises programmes in a fraction of the time. With this book you can achieve supercharged weight-loss success!. book.



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