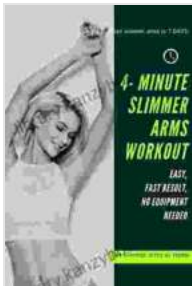


Slim Down Your Arms In Days: The 7-Day Guide to Banish Flabby Fat!

Are you tired of dealing with flabby, unsightly arm fat? Do you wish you could wave goodbye to those unsightly bulges and achieve the toned, sculpted arms you've always dreamed of?



SLIMMER ARMS + GET RID OF FLABBY FAT in 7 Days Without Going to the Gym (Minimalistic Workout Book

26) by THENAMMAI (□□□□□□□□) LAKSHMANAN (□□□□□□□□□□)

★★★★★ 5 out of 5

Language : English
File size : 12653 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 32 pages
Lending : Enabled
Screen Reader : Supported



Well, it's time to say hello to the ultimate solution - "Slim Down Your Arms In Days!" This incredible 7-day workout plan will guide you through a series of simple, yet highly effective exercises, designed to target and incinerate the fat on your arms, without the need for a gym membership or expensive equipment.

Your 7-Day Workout Plan

BYE BYE ARM JIGGLE

SLIM YOUR ARMS IN 14 DAYS WITH THESE 5 MOVES.

ONE ARM PLANK REACH



PUSH UP ROTATION



FLOOR TRICEP DIPS



SHOULDER TAPS



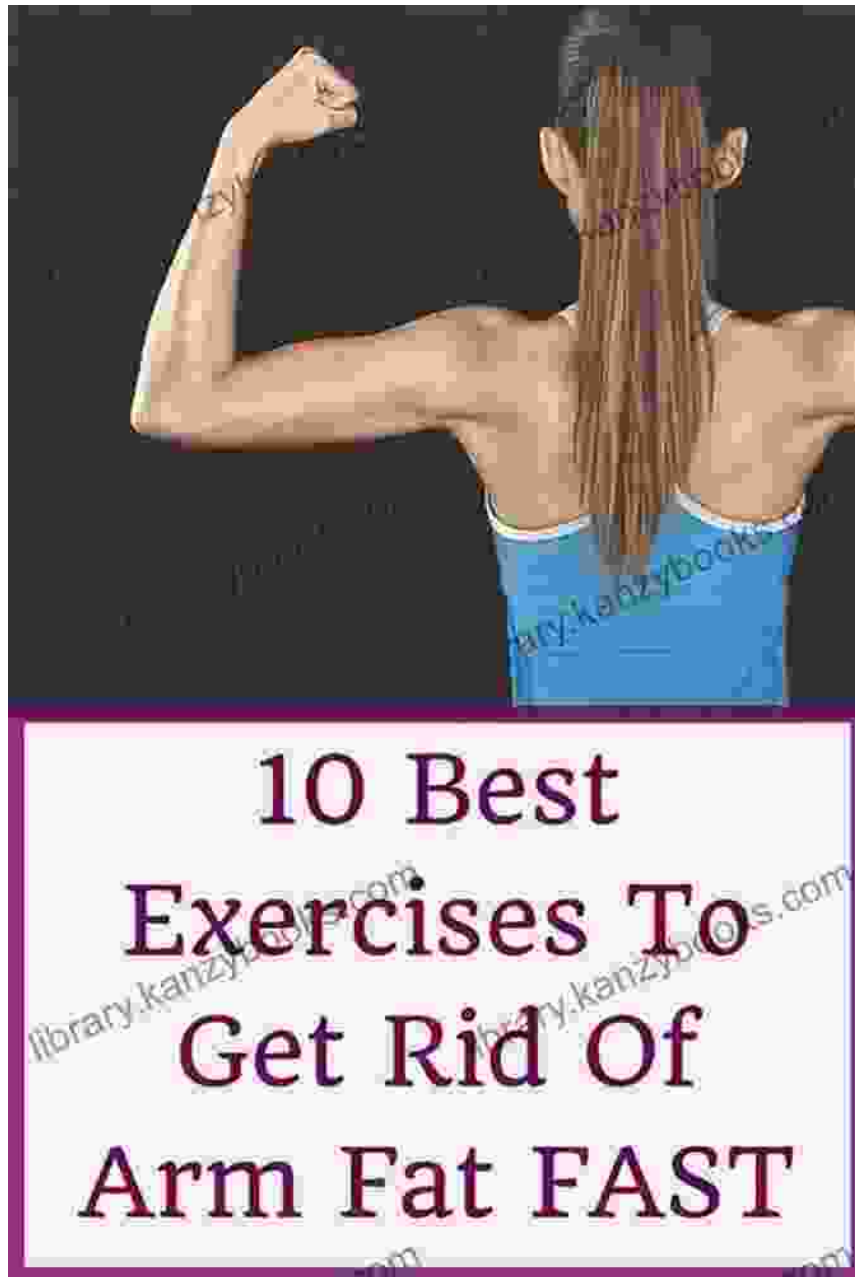
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1. Push-ups

3 sets of 10-12 reps



2. **Tricep Dips**

3 sets of 12-15 reps

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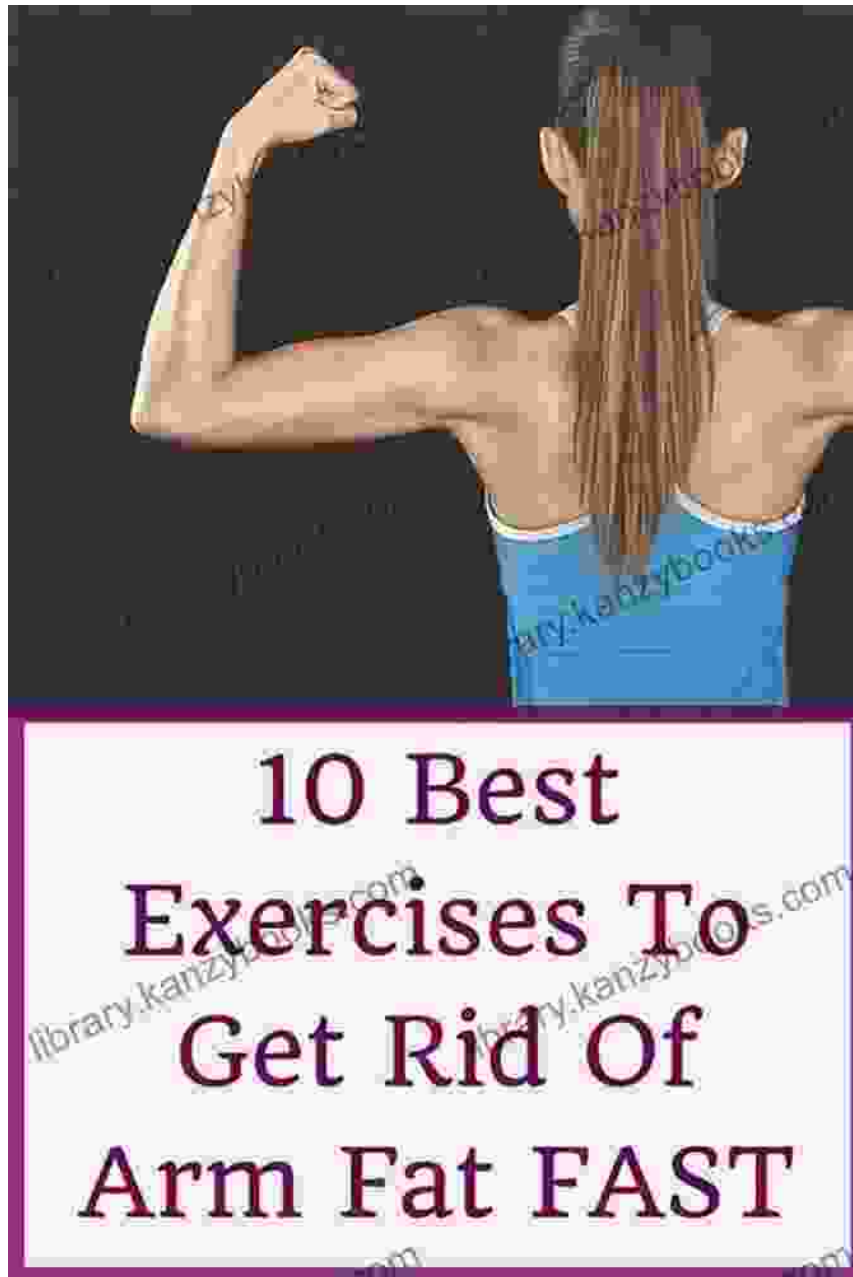
3. Bicep Curls

3 sets of 10-12 reps



4. **Overhead Tricep Extensions**

3 sets of 12-15 reps



5. Hammer Curls

3 sets of 10-12 reps

Workout Tips

- Consistency is key - aim to complete the workout plan for all 7 days.

- Start with a manageable weight or resistance and gradually increase as you get stronger.
- Focus on proper form to ensure you're targeting the correct muscle groups.
- Listen to your body and rest when needed.
- Pair your workouts with a healthy diet for optimal results.

Don't wait another day to get the arms you've always wanted! Free Download your copy of "Slim Down Your Arms In Days" today and start your journey to a slimmer, more toned you!

Get Your Copy Now!



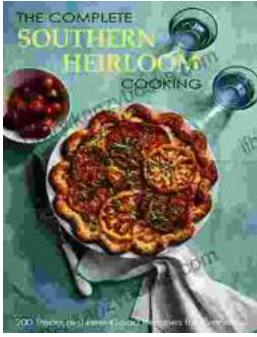
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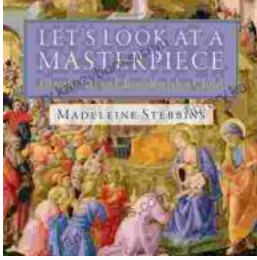
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