



10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast

Jackie Warner

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As America's favorite no-nonsense celebrity fitness trainer, Jackie Warner has years of experience showing her clients how to get red-carpet ready in no time. Now she's sharing the secret formula! She'll show you how to lose 10 pounds fast and then continue losing over 30 days. You'll look and feel better than ever.

In 10 POUNDS IN 10 DAYS, Jackie reveals a program that your body will love and you will want to commit to for a lifetime. Rooted in Jackie's principles of fitness, this plan will give you a nutrient-rich, all-natural diet to jump-start your metabolism and rev up the fat burning; exercises to tone and sculpt your body to perfection; and the encouragement to turn your self-loathing into self-loving. Jackie's powerful 10 x 10 program will help you achieve your best body and the happiest you. Discover how to:

- **DROP POUNDS RAPIDLY:** Three simple 10-day eating plans and workouts-for a full 30 days of fat burning and toning
- **EAT TO LOSE:** Discover the superstar foods that encourage fat loss, satisfy cravings, and recharge your metabolism
- **BURN FAT FAST:** Specific high-intensity workouts that combine cardio-acceleration and resistance training to maximize burn and give ultimate tone in the fastest time possible
- **KEEP THE WEIGHT OFF:** The secret strategy for changing your set point so the pounds stay off permanently.

Research-backed and client-proven, this program works! You'll feel better, eat healthier, exercise more efficiently, and above all, you'll lose up to 10 POUNDS IN 10 DAYS!

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