

Lose Those Last 10 Pounds

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2026-08

Synopsis

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inLanguage	english

Fight those last 10 pounds and WIN! America's most popular fitness guru presents a sure-fire weight-loss program that gets results in just 28 days.

As everyone knows, the last 10 pounds are always the hardest ones to lose. Now, in *Lose Those Last 10 Pounds*, award-winning fitness expert Denise Austin offers a fat-blasting, foolproof plan for tackling that elusive final stretch and achieving long-lasting weight-loss success. Whether you are stuck in a dieting rut or simply need to shape up for a special occasion, Denise's easy-to-use 28-day program shows you how to jump-start your metabolism, develop healthy eating and fitness habits, and shed your body's most stubborn pounds forever.

By exercising for only 30 minutes a day and following Denise's delicious, low-fat meal plans, you can reach your ideal weight in just four weeks and feel healthier and stronger than ever before. Based on her more than 20 years of experience, Denise's breakthrough weight-loss regimen streamlines the best, proven techniques to help you slim down to the shape you desire and break the bad eating habits that invite extra pounds.

Her innovative approach combines cutting-edge fitness techniques such as kickboxing and yoga with 28 days of delicious low-fat recipes, such as morning glory smoothies, tuna teriyaki, lemon herb-roasted chicken, black bean quesadillas, and even filet mignon.

Her weekly formula for success includes:

- Only three 30-minute fat-blasting aerobic workouts
- Two 30-minute yoga/Pilates-based workouts to keep your body and spirit balanced.
- One-minute "Fidget-cize" exercises to help you burn calories anytime, anywhere.
- Five-minute mind-body-spirit workouts

In *Lose Those Last 10 Pounds*, you'll also find:

- Three healthy, tasty meals and snacks for every day of the week with easy-to-follow recipes
- Week-at-a-Glance exercise plans and grocery lists
- Advice on how to keep the pounds off when the program ends

Deniseologies: inspirational insights to help you maintain a positive attitude. So get ready to rev up your metabolism and start building a body you'll love! <p>With her infectious enthusiasm and trademark energy and flare, Denise will champion you every step of the way toward a slimmer, healthier, happier you.</p>

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