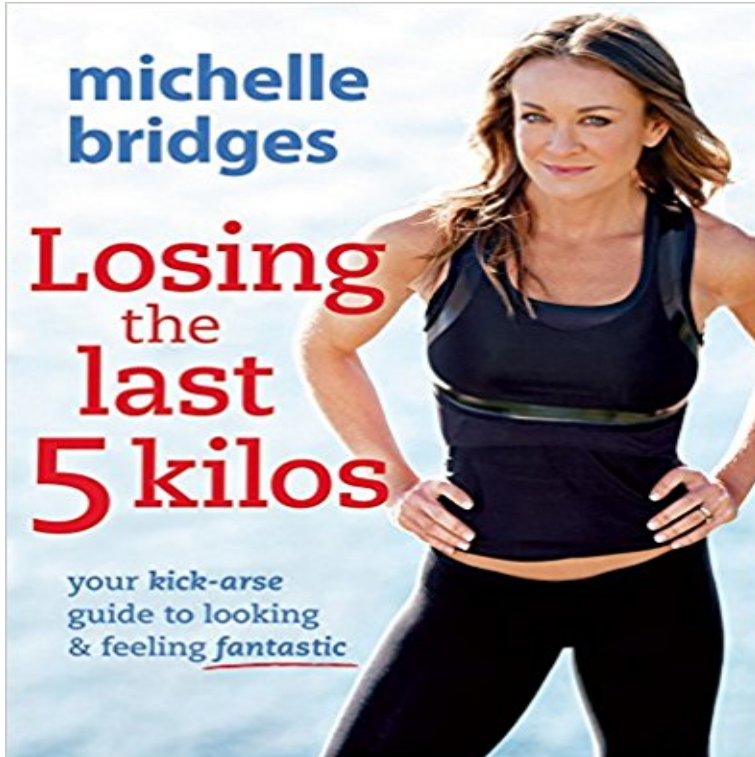


# Losing the Last 5 Kilos: Your Kick-Arse Guide to Looking & Feeling Fantastic



Lose 5 kilos in 30 days. It sounds straightforward and it is. Michelle Bridges is Australia's most successful weight-loss expert and she knows how to get people into shape quickly. Whether your weight has been slowly creeping up over the last few years, you've already lost a lot of weight but can't get any further, or summer is just around the corner and you want to look your best, *Losing the Last 5 Kilos* gives you all the information you need to get back to your perfect size. Day-by-day menu plans, with weekly shopping lists; Michelle's favorite low-cal but filling recipes; Easy-to-follow, high-intensity exercises, with step-by-step photos; Michelle's best tips for success. So, set aside 30 days to follow Michelle's training program and menu plan. Do this for just four weeks and watch the kilos disappear. You will look and feel fantastic.

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