

LOSE WEIGHT IN 21 DAYS



Get your personal plan

DAY 1

- ✓ No sugar & bakery
- ✓ 7-minute abs workout
- ✓ 3-minute salsa

ABOUT YOU:

Age 33

Height 5.6

Weight 180

START



Get fitness & dance at home

DAY 21

- ✓ Drink 2 Liters of water
- ✓ 15-min full-body workout
- ✓ 7 min dance workout



SALSA



LATINA



REGGAETON

HIP-HOP

POP

Ipad Weight Loss Plan Top

Judith R. Corlin, Mary Susan Miller

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