



Power Moves: The Four Motions to Transform Your Body for Life

Marco Borges

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From the author of *The 22 Day Revolution* and the creator of the sensational 22 Days Nutrition meal delivery plan, along with partners Jay-Z and Beyoncé...

He's transformed some of the most famous bodies around the world. Now celebrity fitness expert Marco Borges shares his innovative secrets for lifelong health.

Jay-Z, Gloria Estefan, Beyoncé, Sean "Diddy" Combs, Kanye West, Pharrell Williams, Gwen Stefani, and Shakira...These are just a few of the top celebrities and athletes Marco Borges has helped get fit and sculpted. And now readers can get the same results through *Power Moves*, four simple movements of four joints: shoulder, elbow, hip, knee.

This innovative approach to exercise has made Borges one of the most sought-after fitness experts in the country. His transformative health programs have proven to yield extraordinary results, helping people not only to lose weight-whether fifteen pounds or 150-but also think differently about exercise and health.

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John Tovar:

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Ruth Haddock:

This Power Moves: The Four Motions to Transform Your Body for Life is great guide for you because the content that is full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it data accurately using great manage word or we can state no rambling sentences in it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but tough core information with wonderful delivering sentences. Having Power Moves: The Four Motions to Transform Your Body for Life in your hand like keeping the world in your arm, info in it is not ridiculous one particular. We can say that no e-book that offer you world throughout ten or fifteen minute right but this publication already do that. So , it is good reading book. Hi Mr. and Mrs. busy do you still doubt that?

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