

REDESIGN YOUR BODY

DR. FRANCO COLUMBU & DR. ANITA COLUMBU

with Nancy Collins

The 90-Day
Real Body
Makeover

Aerobic Weight Training that
you can do at home
in only 10, 20, 45
or 60 minutes
a day



Redesign Your Body The 90 Day Real Body Makeover

Tobias Bleicker



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