



Fit and Fabulous in 15 Minutes

Teresa Tapp, Barbara Smalley

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“The T-Tapp system is the ideal anti-aging workout. Highly recommended!”

–Nicholas Perricone, M.D., *New York Times* bestselling author

The most efficient and effective workout you’ll ever do!

Imagine an exercise program that requires no equipment, no weights, and no bands. There is no jumping or stress to your joints. Yet everyone gets results regardless of fitness level! Created by renowned fitness expert Teresa Tapp, the revolutionary T-Tapp Workout reshapes your body while it fires up your metabolism. All you need is four square feet of space and just 15 minutes a day in order to see a dramatic loss of inches.

How does it work? T-Tapp’s unique sequence of comprehensive, compound muscle movements works the muscles layer by layer, from the inside out, to cinch, tighten, and tone them and burn fat better. *Fit and Fabulous in 15 Minutes* is the complete introduction to this amazing program. By doing Teresa Tapp’s signature 15-minute workout, or the extended 45-minute workout, you can:

- lose a clothing size—in just two weeks
- flatten your belly without doing a single crunch
- develop strength and improve bone density without lifting a single weight
- build sleek muscles and improve posture
- lower blood pressure and cholesterol the natural way
- improve blood-sugar levels in type 2 diabetes

The no-impact workout is safe for those with shoulder, hip, knee, neck, and back concerns, and is also effective for those with conditions such as arthritis, fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis. With T-Tapp you’re building a better body—inside and out.

Completely illustrated with step-by-step photographs that show how to do the exercises, *Fit and Fabulous in 15 Minutes* also includes inspiring testimonials and an easy-to-follow food plan. If you want real results—real fast—tap into the power of T-Tapp!

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Mark Copeland:

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Louis Cline:

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Earl Casey:

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