



## 8 Minutes in the Morning to a Flat Belly Kit

*Jorge Cruise*

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# 8 Minutes in the Morning to a Flat Belly Kit

*Jorge Cruise*

## **8 Minutes in the Morning to a Flat Belly Kit** Jorge Cruise

Heart attacks. Breast cancer. High blood pressure. These are all good reasons to lose that fat around your middle. And now, whether you're new to the Jorge Cruise weight-control plan or not, this kit will help you lose up to 6 inches of belly bulge in less than 4 weeks-guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly. Each day you'll do simple 8 Minute routines that are specialized to sculpt your belly. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods. Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches of belly fat! This kit contains: \* An instruction CD with Jorge, where he shares his very own secrets to losing 6 inches of belly bulge in less than 4 weeks-and in 8 minutes a day \* 26 daily workout cards

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