

90 Second Fat Loss: Review Examining Greg Palumbo and Dr. Frank Lawlis's Program Released

90 Second Fat Loss reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program that claims to be a genuinely easy way to ditch the unwanted lard fast.

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90 Second Fat Loss is being billed as the way for both men and women to quickly lose stubborn body fat with ease, and without the use of harmful medications. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our 90 Second Fat Loss review shows that it is provided in an instant download format, and actually provides you with a whole lot of product for the money. One of the best things about the program is learning how to break bad eating habits and these might well be habits that you weren't even aware that you have," reports Stevenson. "If you've got some extra pounds to lose, either a few or a lot, then this program is perfect for you. The good thing is that it starts off easy, so you can begin the program even if you're somewhat of a couch potato at the moment because you can temper the exercises to your personal level of fitness."

90 Second Fat Loss includes Fitness Coaching Sessions in video format lasting a full 8 weeks and giving step by step instructions of exactly how to perform the exercises, Nutrition Coaching, Wellness Coaching in video format, Relaxation Coaching because the body needs time to relax and recover from the exercise one is putting it through, Music Therapy Coaching, Inspiration Coaching Videos that is a great addition for those who find that their motivation flags after the first few weeks of a weight loss regime, The 90 Second Acceleration Module Book, Relaxation for Weight Loss Mp3 Program and Quick & Easy Breakfast Ideas.

"Between the two of them, Palumbo and Lawlis have over 15 years experience in the sports and fitness industry, and both work as personal fitness trainers and nutrition specialists. These guys are not simply some fly by nights who decided to release a fitness program," says Stevenson. "As the program is provided in many different formats, you can follow it in the way that you best prefer, which could be by watching the videos, reading the books or listening to audio."

"The 90 Second Fat Loss program ensures you work all the major muscle groups of the

body equally. The exercises are simple, which means even the most novice of exercisers will find them easy to complete. Male or female, young or old, this is a program that suits anyone who wants to lose weight efficiently and for good, and is prepared to follow an 8-week program to do so. It is not simply a workout program; it combines exercise with the correct nutrition, which is such a vital part of losing weight and losing it for good.”

Those wishing to purchase 90 Second Fat Loss, or for more information, click here:
<http://healthyandfitzone.com/go/90SecondFatLoss/>

To access a comprehensive 90 Second Fat Loss review, visit
<http://healthyandfitzone.com/90-second-fat-loss-review>