

## **Lean and Lovely: Review Examining Neghar Fonooni's Program Released**

*Lean and Lovely reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program that claims to be the permanent solution that women have been seeking all these years, in order to get that hot bikini body they have always wanted.*

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Lean and Lovely, an affordable and short program, claims to be a great choice for women who want to wear a bikini in the near future. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Lean and Lovely review shows that it is a program designed for women at all fitness levels. Neither your age nor your body shape matters, which means that regardless of how unfit your body is at the beginning, you will achieve the results that you have been looking for, if you follow the program using the right techniques as indicated within the kit," reports Stevenson. "Considering the great things that people have been saying about the program, it is a wonder that someone did not think of it before. Luckily for women worldwide, Neghar did."

Lean and Lovely includes an 80-page training manual, the nutrition handbook, sweat sessions, video exercise database and training log sheets. The manual is divided into three manageable phases each with a different fitness focus. The nutritional guide is synchronized with the training manual to allow the body to get all the energy it needs at different stages of the program. Sweat Sessions is a workout guide with short and supercharged training sessions. The Video Exercise Database comprises 65 HD videos that show women how to go about all the workout routines used in the program from start to finish regardless of their complexity. Training log sheets are professionally designed charts that allow people to keep track of their progress. The sheets come in both a HD version and a printable version that they can take to the gym with them.

"The 12-week program is divided into three manageable phases, which you can follow with ease. This means you can start enjoying the fruits of your labor in three months. You do not need to be a celebrity with plenty of resources to experience the benefits," says Stevenson. "The tough, but not impossibly restrictive program is downloadable, which means that you can start using it as soon as your payment is processed. No delays are necessary. Women from all lifestyles use it, which means that it can also work for you."

“Sometimes, despite your best efforts to lose weight, things do not go according to plan. If you have reached the end of your rope, then it is time to consider other measures. This is where the Lean and Lovely program comes in. Neghar’s program has a lot going for it. You should try the program today, and see the difference.”

Those wishing to purchase Lean and Lovely, or for more information, click here:  
<http://healthyandfitzone.com/go/LeanandLovely/>

To access a comprehensive Lean and Lovely review, visit  
<http://healthyandfitzone.com/lean-and-lovely-review>