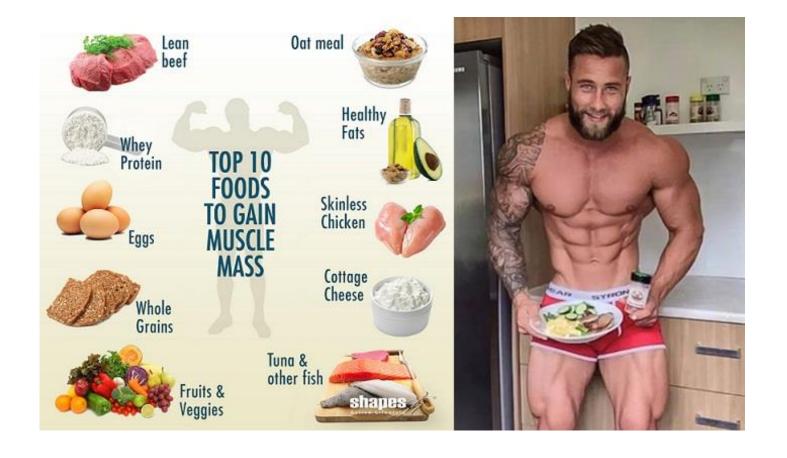
## BEFORE BUYING (Keto Blaze Diet) Must Read \*SIDE EFFECTS\* First!

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Keto Blaze The following tips for your vegetarian diet can be used together with the Body fat Loss Factor to chop much more body fat out of your diet. I will be glad to help you out. Guidelines for cardio: 50-60% max heart rate (can be found by subtracting your age from 220) for 20-30mins. If you have read any of my previous posts, you know that jogging will most likely give you bad knees and AIDS.



Keto Blaze Diet Eat 1,400 (200 extra) calories each day and add a HIIT workout to your schedule two times per week and three 30-minute walks during the week to burn the extra 1,400 calories each week. A circuit workout of whole body exercises will get your heart rate up, and works all the muscles of your body is the most efficient way to burn fat and build and tone muscles.





Visit Here: <a href="http://www.wellnesstrials.com/keto-blaze-diet/">http://www.wellnesstrials.com/keto-blaze-diet/</a>