

# The Jennifer Nicole Lee Fitness Model™ Diet

JNL'S SUPER FITNESS  
MODEL SECRETS TO  
A SEXY, STRONG,  
SLEEK PHYSIQUE



Jennifer Nicole Lee

# The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique



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JNL' She actually is the world' Right now it's YOUR change to become the new "fitness model" you—s Produce a big name for yourself in the fitness modeling industrys Fitness Model Diet, she reveals and shares her best trade secrets of the Super Fitness Model life: In JNL' Explore JNL' s inspirational weight reduction success tale has motivated hundreds of thousands worldwide. s top fitness model, and today she will demonstrate just how! Discover super fitness model beauty secrets s all-time favourite and fail proof workouts Get two weeks worth of JNL's fitness model recipes and food programs to help you blast body fat off fast, revealing feminine muscle mass tone BONUS Materials: JNL shows you how to: Create a successful fitness modeling career Prepare for a great picture shoot with fitness model Must-Do's sexy, strong, and sleek!



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Too much JNL! Please save your money, there is no inspiration here. It is a good good books for newbies who know nothing at all about health insurance and beauty. While the dvd's did give me great muscle definition, I simply could not tolerate her over the top annoyance factor following the plan was over. She actually is just so obnoxiously loud and spent additional time applying her scarlet lipstick and spray tan then actually doing the workout. Some of the background exercises were just as fake and all the oohs&raja that everyone shouted just produced me want to get gone the dvd's the second I finished. I realize she has an excellent body but so do a great many other trainers that I love to see every morning- she honestly made me dread turning on the Dvd and blu-ray player and I don't need a giant book filled with her photos to be able to stay motivated. Infomercial? So far, I love plenty of what JNL must say in this publication. She provides wonderful images of the exercises and how they must be done--which, since I bought the e-book, I have handy usage of on my telephone while I'm working out. well, it's a bit much. I don't believe her "patented" throw will probably help me power nap any better than one I currently have, unless it can immediately put me to rest and wake me up in precisely 15 minutes from that point. What I don't like--and has sort of derailed my teach a little--is the fact that I feel just like the entire reserve can be an infomercial. I know the woman needs to make money--but when we get beyond products and exercise equipment and she actually is also pitching bathrobes for your "me-period" and comfy throws for power naps. Love it! Exceptional for Fitness models I'm sure. I REALLY LIKE that part. I also like the light, friendly tone of the book and there are a few great beauty secrets besides just fitness secrets. She challenged me to charge of my life and get healthful. In fact, I think that getting the book be an advertisement almost means that it must be free of charge. Jennifer Nicole Lee offers written a reserve to brag about how exactly she is the 'greatest fitness superstar, globally fitness model, world renowned fitness professional', etc. I am still going to follow her advice as much as I can, because I feel most of it is sound--but I don't think I should need to buy everything she talks on the subject of to achieve success! This book is not geared towards the average mom at all. I spent cash to get information and motivation. This book just requires you to spend more to find out more! You can find fewer advertisements on Facebook. etc. etc. In the first web pages she thanks her parents for how good looking she is (provide me a break). Further into the reserve she writes "To hear my personal story with all the current details, and to really get to know me, please visit my quick downloadable audio seminars at [www.SHOPJNL.com](http://www.SHOPJNL.com) and click on "My Story." (39.95) I have already purchased the book, so I wish to know the tale NOW. Her ideas are simple: go to the store and purchase a solution, visit the dermatologist and buy a solution, and go to my website and buy the perfect solution is. I scrolled through all of those other publication and noticed that the diet tips can be found in any magazine. I have to trust other reviewers that this is basically a huge advertisement for JNL to promote herself--yes there are several good recipes but you can pick up a 4\$ fitness magazine and find great recipes as well... some of the working out tips were good there just wasn't more than enough of them Five Stars Great info for all those looking to get into the business. I didn't get much from it. Jennifer offers two children so I wished hints on how to look match an fab after having my baby. I am so sad that a former overweight mom of two has forgotten how hard it is to control financially, mentally, and actually. some good recipes There are some good recipes in here. I just don't have enough time or money that her good looks require.. Not for all those without the commitment.. Do not get me wrong, I love her workouts. Save Your Money After 20 minutes into this book I requested a complete refund. This book sheds so much insight into learning to be a fitness model or just a wannabe. Jennifer does a great work of reminding us what's important. I must say i believe for all her pitching in the book because of this, that, and whatever product she has--the book (especially the e-book) might have been more like \$2 instead of it's actual price. Very disappointing. Not really a plan It's more about beauty secrets, plus some nutritional nuggets how those women keep their shape but it's not a concrete strategy like other books might be. Really helpfull Lots of good ideas and recipes, great suggestions from a

profesional but really in thought on actual regular people lifestyle Quite good and strangely inspiring Quite good and strangely inspiring. I came across JNL likeable and sincerely motivational with her attitude of anyone can do this. Jennifer makes a full time income on her appears so she spends functioning hours preparing her meals and working out and tooooo very much money on epidermis and health products. Good For Novices I read through the preview webpages on Amazon and read the evaluations on others in fact it is just a book filled with advertisements and also, in my own case, things I already know.I received this along with her JNL Fusion fitness Dvd and blu-ray program fort Birthday and sold both in EBay.! I train 6-7 times a weeks and her exercises are very good, but the books are more advertisements than anything. Not Worth YOUR TIME AND EFFORT! It's a single big advertisement. The fitness/modeling market keeps a tight lip on so many things, it's a good refresher to have somebody shed secrets on hair, skin, and food just to name a few.



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