

Published based on [Launching of Metabolic Exercise Program With Triple M System for Rapid Belly Fat Loss by Founder of Dr. Kareem Samhoury Fitness LLC.](#)

Launching of Metabolic Exercise Program With Triple M System for Rapid Belly Fat Loss by Founder of Dr. Kareem Samhoury Fitness LLC.

Specially designed exercises which improve muscle balance, involve multi-planar movement and work several muscle groups simultaneously, let people lose fat in less time.

(PRWeb January 25, 2012)

Read the full story at

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