

101 Fat-Burning Workouts & Diet Strategies for Women



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.

(Alfreda Bradtke)

101 FAT-BURNING WORKOUTS & DIET STRATEGIES FOR WOMEN



Triumph Books. Paperback / softback. Book Condition: new. BRAND NEW, 101 Fat-Burning Workouts & Diet Strategies for Women, Editors of Muscle & Fitness Hers, Lose weight and look great with easy-to-follow cardio and weight training routines, recipes, and meal plans! Following on the heels of the ultra-successful Triumph titles, 101 Workouts and 101 Workouts for Women, are two new books in the "101" series that deliver even more breakthrough fitness advice for people of all ages. In 101 Fat-Burning Workouts & Diet Strategies and 101 Fat-Burning Workouts & Diet Strategies for Women, the editors of Muscle & Fitness magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes. Each title is honed for the specific needs of men and women. The former takes aim at stubborn love handles through a carefully prescribed regimen of strength training and dietary modifications, while the latter attacks trouble spots like arms and glutes and provides full-body routines for all-around conditioning and body fat reduction. The perfect remedy for anyone looking for an easy-to-follow blueprint for better fitness and health, the new 101 Fat-Burning Workouts & Diet Strategies titles are sure to be hot sellers among the New Year Resolution crowd in the first quarter of 2009.



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