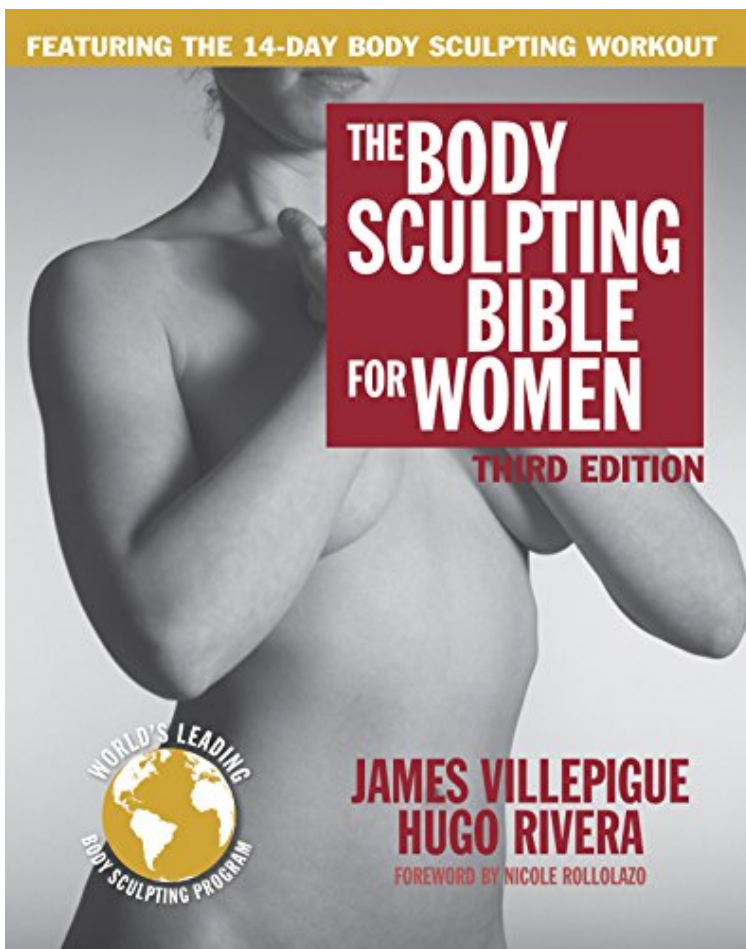


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The Body Sculpting Bible for Women, Third Edition: The Ultimate Women's Body Sculpting Guide Featuring the Best Weight Training Workouts Nutrition Plans Guaranteed to Help You Get Toned Burn Fat



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Prsentation de l'diteurNEW EDITION FEATURING THE 14-DAY BODY SCULPTING WORKOUT AND MORE!It's body sculpting at its best--the best exercises and the best training schedule out there, anywhere. Also includes a complete nutrition guide and diet plan for maximum results.The Body Sculpting Bible for Women, Third Edition is now bigger and better than ever! Now with updated and revised material, it contains all the original detailed exercises that made it a best-selling phenomenon, plus: New Rapid Body

Sculpting Workouts and Bodyweight Workouts Six new diet plans, including milk-free and ovo-lacto-vegetarian diets Even more tips and helpful information to keep you motivated and help you reach your fitness goals This comprehensive guide includes not only exercises but also nutritional tips, psychological tricks, meal charts, workout graphs, different fitness plans, the inside scoop on supplements and vitamins, advice on keeping fit while traveling, and weightlifting information for teens, seniors, and expectant mothers. The 14-Day Body Sculpting Workout for Women has been custom designed by experts to sculpt, slim, and strengthen the unique contours of a woman's body. The workout never stays the same for long and the results toned arms, flat abs, tight buns, lean legs, and curves in all the right places just keep on coming. With no diet pills, gimmicks, or gadgets, The Body Sculpting Bible for Women, Third Edition is the gold standard for body sculpting, and the essential guide to getting you the body of your dreams. Presentation de l'auteur NEW EDITION FEATURING THE 14-DAY BODY SCULPTING WORKOUT AND MORE! It's body sculpting at its best--the best exercises and the best training schedule out there, anywhere. Also includes a complete nutrition guide and diet plan for maximum results. The Body Sculpting Bible for Women, Third Edition is now bigger and better than ever! Now with updated and revised material, it contains all the original detailed exercises that made it a best-selling phenomenon, plus: New Rapid Body Sculpting Workouts and Bodyweight Workouts Six new diet plans, including milk-free and ovo-lacto-vegetarian diets Even more tips and helpful information to keep you motivated and help you reach your fitness goals This comprehensive guide includes not only exercises but also nutritional tips, psychological tricks, meal charts, workout graphs, different fitness plans, the inside scoop on supplements and vitamins, advice on keeping fit while traveling, and weightlifting information for teens, seniors, and expectant mothers. The 14-Day Body Sculpting Workout for Women has been custom designed by experts to sculpt, slim, and strengthen the unique contours of a woman's body. The workout never stays the same for long and the results toned arms, flat abs, tight buns, lean legs, and curves in all the right places just keep on coming. With no diet pills, gimmicks, or gadgets, The Body Sculpting Bible for Women, Third Edition is the gold standard for body sculpting, and the essential guide to getting you the body of your dreams. Biographie de l'auteur Hugo A. Rivera is an ISSA Certified Personal Trainer and fitness expert with fifteen years of bodybuilding experience. He now resides in Clearwater, Florida. James Villepigue is an ISSA Certified Personal Trainer and counselor who has been active in health and fitness for the past fifteen years. He lives in New York.