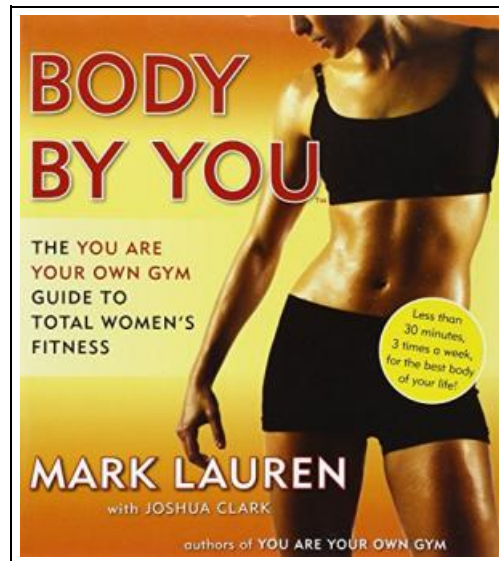


Body by You: The You are Your Own Gym Guide to Total Women's Fitness



Filesize: 6.22 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

BODY BY YOU: THE YOU ARE YOUR OWN GYM GUIDE TO TOTAL WOMEN S FITNESS



Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 232 x 206 mm. Language: English . Brand New Book. BURN FAT, NOT TIME The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women--from the ultra-fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best--and only--equipment you need to get in shape is free and always accessible: your own body. This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a week--and with no machinery or weights--you can achieve the toned arms, flatter abs, tighter buns, and killer legs you ve always wanted. You won t build bulk, you ll build strength, and turn your body into a fat-burning machine. Featuring 120 different exercises in five movement categories--Pulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bending--and with three ascending levels of difficulty, Body by You ensures that you ll never get bored by the same static workout. And with such a small time commitment--less than one percent of your time every week!--it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, Body by You will help you meet your individual fitness goals. Ultimately, it s not about moving through the gym with ease, it s about moving through your life with ease--leaner, stronger, more confident, and with more energy.



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