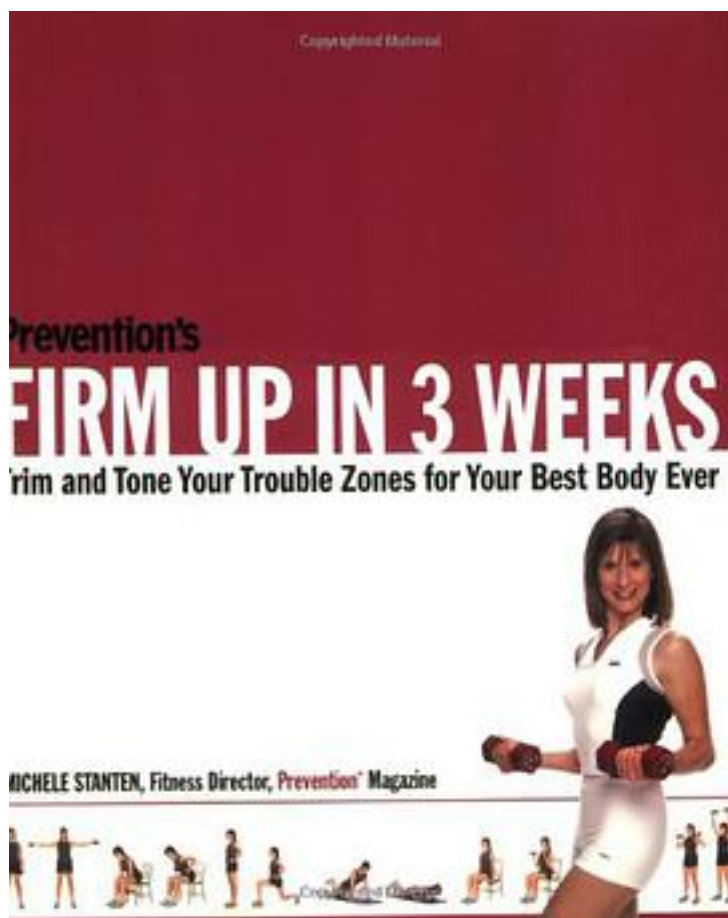


Prevention's Firm Up in 3 Weeks



[Prevention's Firm Up in 3 Weeks_ 下载链接1](#)

著者:Michele Stanten

出版者:Rodale Books

出版时间:2006-6-13

装帧:Paperback

isbn:9781579549404

As fitness director of "Prevention Magazine", Michele Stanten routinely hears from people who feel trapped in workouts that are too hard or too easy, that have become boring, or that fail to produce measurable results. In response, she developed the Firm Up Action Plan, an innovative three-tier exercise program that allows readers to choose

their workouts based on their individual fitness and commitment levels. Among the Firm Up Action Plan's key features are: innovative routines that combine walking and strength training with hot fitness trends such as Pilates and yoga; a fresh workout every day to target trouble zones-the abs, butt, arms, and thighs-and prevent boredom; and 21 days' worth of menus that keep the metabolism humming for maximum fat-burning results.

作者介绍:

目录:

[Prevention's Firm Up in 3 Weeks_ 下载链接1](#)

标签

评论

[Prevention's Firm Up in 3 Weeks_ 下载链接1](#)

书评

[Prevention's Firm Up in 3 Weeks_ 下载链接1](#)