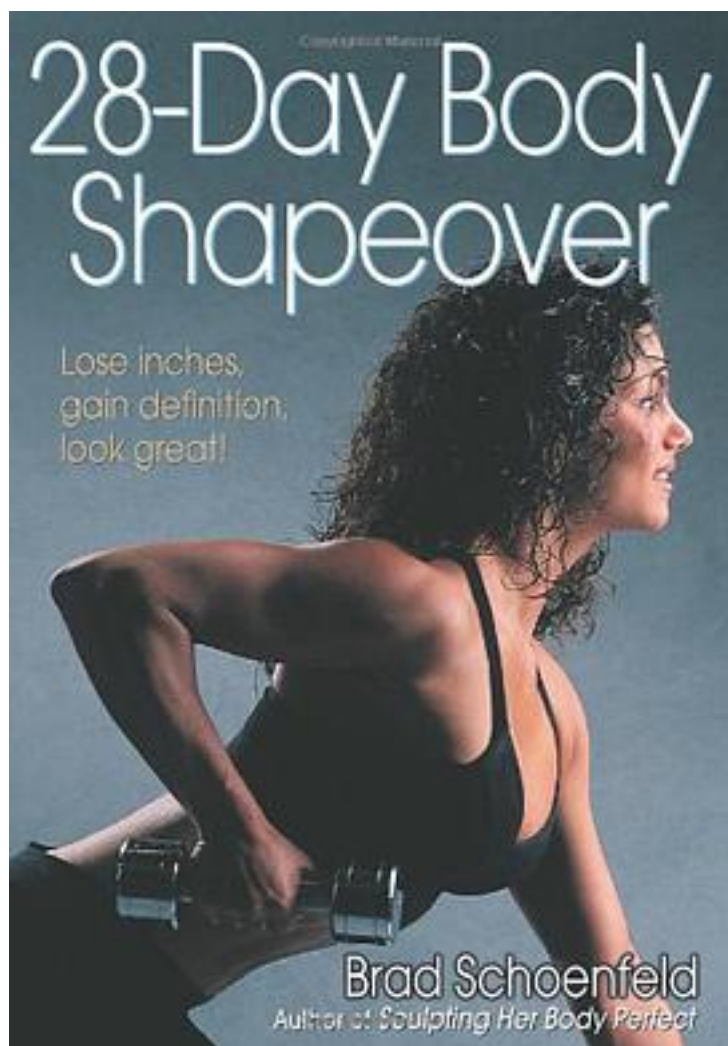


# 28-Day Body Shapeover



[28-Day Body Shapeover\\_下载链接1](#)

著者:Schoenfeld, Brad

出版者:Human Kinetics

出版时间:2005-12

装帧:Pap

isbn:9780736060455

This work is aimed at active women, personal trainers, and fitness professionals. It aims to allow readers to achieve their goals through exercise and sensible eating plans, and features a six days a week routine, alternating between weight lifting sessions one day and a 30-minute cardio session the next. These can be combined to use over three days depending on time available to the individual. Diet menus provide ideas for everything you need to eat over the 28 day plan, but are set up so readers can include their own food preferences. This work goes beyond the initial 28 day plan with tips and ideas to help the reader continue with their new lifestyle.

作者介绍:

目录:

[28-Day Body Shapeover\\_ 下载链接1](#)

标签

评论

-----  
[28-Day Body Shapeover\\_ 下载链接1](#)

书评

-----  
[28-Day Body Shapeover\\_ 下载链接1](#)