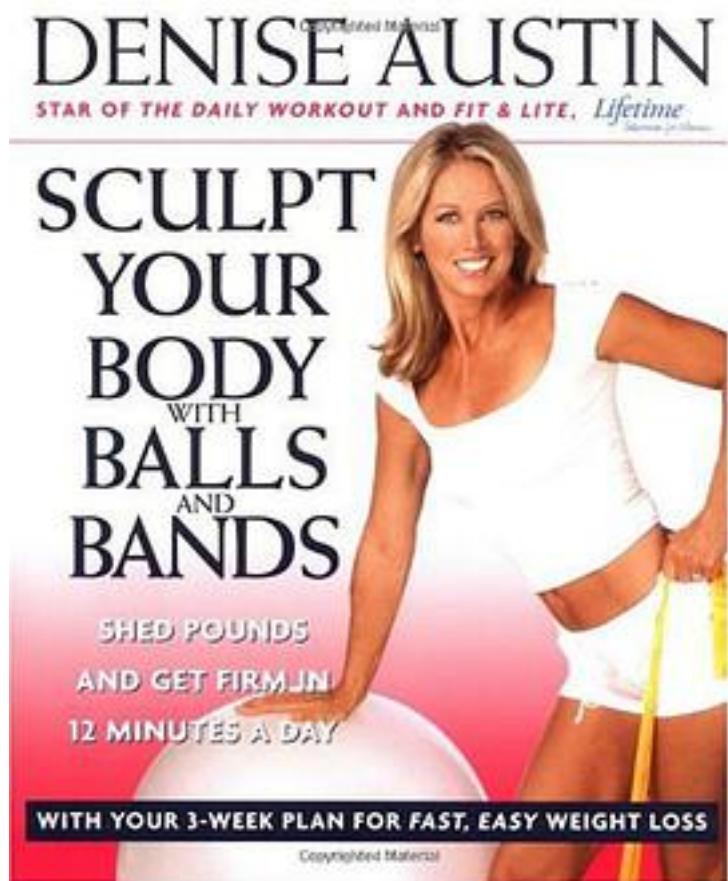


# Sculpt Your Body with Balls and Bands



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Denise Austin-star of Lifetime Television's "The Daily Workout" as well as "Fit and Lite," television's #1 exercise program-has always been in the vanguard of the exercise revolution. Now she has come out with another sensational breakthrough: the first book that combines two powerful, proven tools-the exercise ball and resistance

band-to give you the safest, most effective method of body shaping, muscle toning, and weight loss. Denise shares compelling new research that shows performing exercise routines on a fitness ball will help you strengthen and tone muscles while enhancing your flexibility, balance, and coordination. Best of all, the effort to hold a position on a wobbly ball is great for a lean and strong core, the key to healthier posture, improved energy and better-fitting clothes. Denise also uses elastic workout bands of increasing levels of resistance to provide the simplest, safest, most efficient way to sculpt and reshape your body. Long a favorite of fitness professionals, these bands eliminate the problem of momentum and make it easier to get the most out of the return part of the movement than either free weights or machines. Now you can get the benefits of both tools at the same time. Denise Austin shows the most effective best band/ball exercises that target the abs, thighs, waist, butt, and upper arms, as well as sharing rejuvenating, body-shaping, 12-minute workouts in several key disciplines: Pilates, yoga, cardio, and balance/stretching. Each day during her three-week plan, Denise will motivate readers with an inspiring before-and-after story, with photos, of a fan's success; an at-a-glance, 12-minute workout guide; a full-menu plan of delicious, less-than-12-minute meals (with 20 pages of new recipes from Denise's kitchen); and "Denise's Wisdom," an inspiring tip or thought for the day.

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目录:

[Sculpt Your Body with Balls and Bands 下载链接1](#)

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