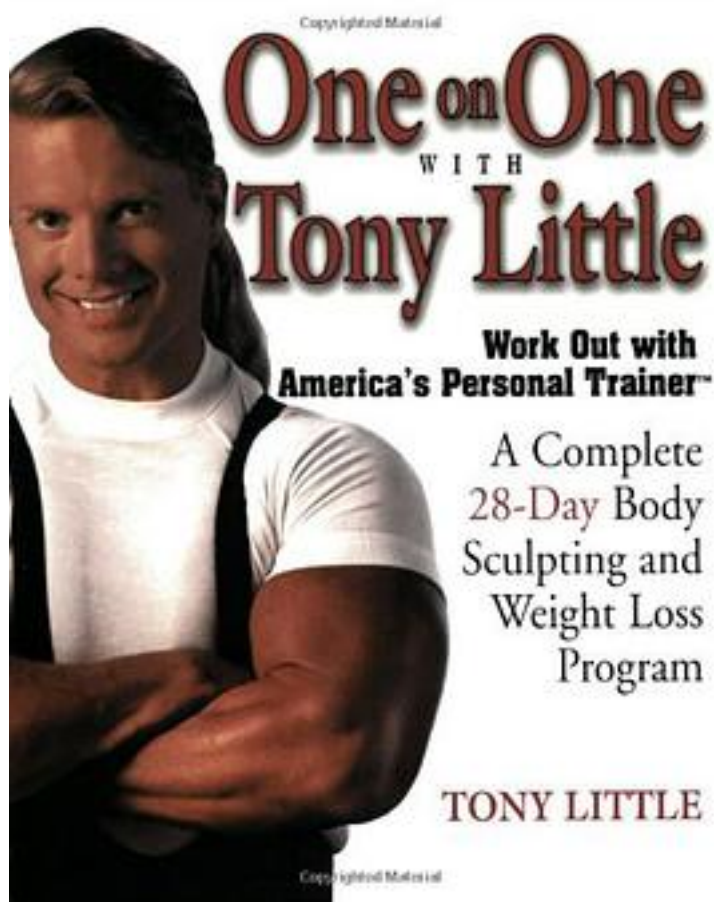


# One on One With Tony Little



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著者:Little, Tony

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Maximum motivation and exercises for maximum results from America's Personal Trainer(tm)

Like having a personal trainer at home, nationally renowned fitness guru Tony Little

shares his effective exercise techniques developed from his years of weight-training and health experience. This program is designed not only to promote weight-loss and body sculpting, but also to reinforce a positive mindset in achieving healthy goals.

Tony's easy-to-follow, step-by-step regimen includes:

- No nonsense nutritional advice
- Effective, low-impact cardiovascular exercises for home or gym
- Tips to help rev metabolism for 24-hour calorie-burning
- Tony's signature motivation methods
- Tony's toll-free "Ask Your Personal Trainer" hotline
- One on One ounal pages to track progress and success

作者介绍:

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