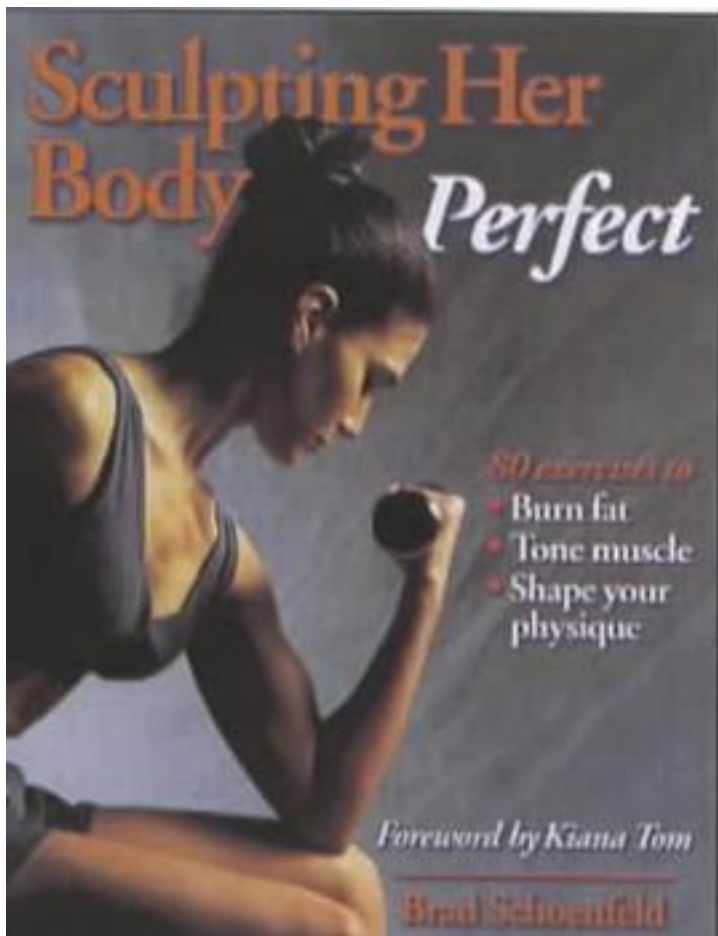


# Sculpting Her Body Perfect



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The best is now even better! "Sculpting Her Body Perfect" has helped hundreds of thousands of readers improve muscle tone, sculpt their physiques, and tone up hard-to-reach and troublesome body areas. This third edition of "Sculpting Her Body

Perfect" not only provides the exercises you need to achieve your body-shaping goals, but it also demonstrates them in an easy-to-follow fashion on the accompanying 60-minute DVD! With Brad Schoenfeld's proven conditioning program, you will build an essential foundation for further muscle development. Then, with targeted bodysculpting instruction to smooth out any remaining problem areas, you can add the specific definition you need to complete your new look. The companion DVD provides even more exercise techniques along with tips on creating your own exercise combinations and workout plans. Seeing the program in action, you will learn the secrets of how pacing, transition, varying technique, and effective execution can take your workout to another level. One of the most sought-after personal trainers in the United States, fitness expert Schoenfeld has a sculpting program tailored to the unique training needs and goals of women. Whether you're working out at home or in a gym, before work or after, his program is for you. Read it, watch it, perform it. You'll see the results!

作者介绍:

目录:

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