

# Shape Walking: Six Easy Steps to Your Best Body



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著者:

出版者:

出版时间:

装帧:

isbn:9781567316476

Product Description Shape Walking: Six Easy Steps to Your Best Body From the Publisher Shape Walking is a four-part, total fitness program that will help you lose weight, improve muscle definition, increase flexibility, build bone density, and develop the body you want. Medically sound and based on the latest research in fitness and physical therapy, this unique program includes: FITNESS WALKING: a variation of everyday walking that gives you essential aerobic activity FITNESS WALKING PLUS: regular fitness walking plus simple muscle-toning exercises that help you shape your abdomen (abs), buttocks, arms, and thighs STRENGTH TRAINING: an overall strength-training program that works your body's major muscle groups TARGET TONING: special exercises designed to help you reach your own personal body-shaping goals by shaping, tightening, and toning specific "trouble spots"

Whatever your fitness goal, ShapeWalking gives you a safe, easy, extremely inexpensive way to achieve them. Every exercise is explained with simple, step-by-step instructions and illustrated by photographs, diagrams, or charts. Special sections show you how to tailor the program to fit your individual needs.

作者介绍:

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