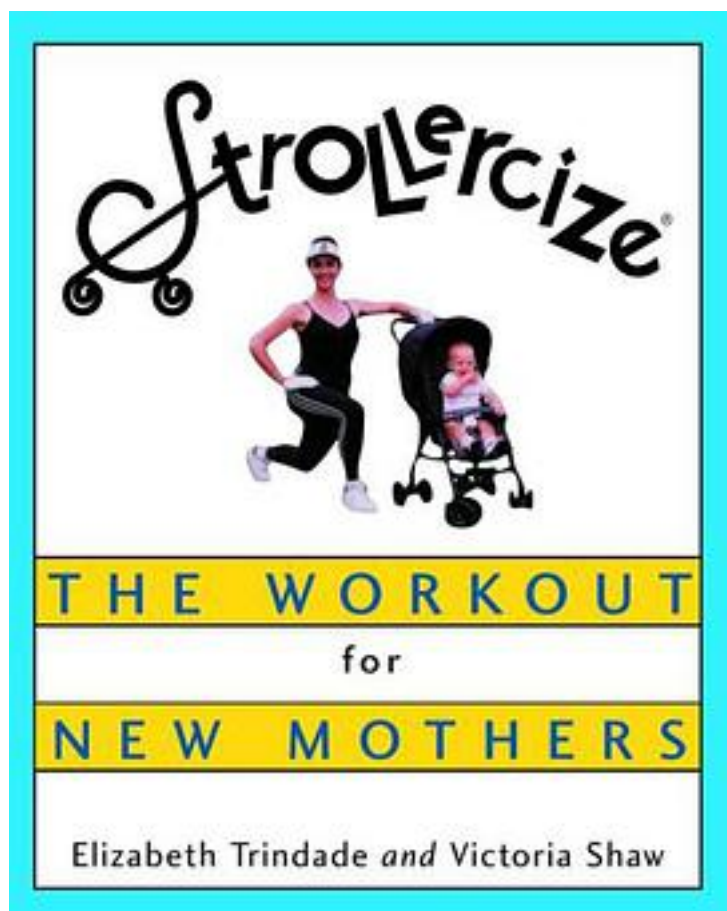


# Strollercize



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From Library Journal Much as you love your new baby, you probably don't much care for the new figure that results. Yet what new mother has time for anything except a rare collapse on the couch? A former ballerina and mother of three, Trindade has a program that will get you out of the house and back in shape, all while getting your

baby (and you) outside into the fresh air. Her "bootie camp" consists of a variety of moves that will quickly restore the muscle power that new mothers so badly need. Trindade presents a well-balanced program of stroller-based strength training, stretching, and cardiovascular routines, with an emphasis on safety for both mother and baby. Each exercise is fully explained and illustrated. A comparison of various types of strollers details the benefits and drawbacks of each. An added benefit of these exercises is that they will be vastly amusing to the baby, who will get endless peek-a-boos and watch-the-birdies out of the program. A great way to bond with your baby and regain your figure at the same time; highly recommended. Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, Ohio Copyright 2001 Reed Business Information, Inc. Book Description Trying to get back in shape after the birth of your baby can seem more challenging than motherhood itself! Who has time to go to the gym or find a baby-sitter? Veteran personal trainer and mother-of-three Elizabeth Trindade has a workout solution for all new moms -- Strollercize(r) -- the best way to slim down, tone up, and meet the demands of your busy new life. All you need is your stroller, your baby, and the will to push your way to health and fitness, whether your goal is to run a marathon or simply to get back into your old jeans. Strollercize was born when Trindade, a former dancer and a new mom herself, realized that the bulky stroller she was now maneuvering was essentially a ballet barre on four wheels -- and the perfect workout apparatus. She's created an energizing, fun, and effective routine that can be done safely, indoors or out, while you keep your baby with you. Strollercize features: A complete cardiovascular routine, from warm-up to cooldown Strength and toning exercises for legs, arms, and hips A total waistline workout that gets results Stretches that feel great and help you regain flexibility Back-saving techniques for pushing, lifting, and folding your stroller properly From choosing the right stroller for your needs to getting motivated and losing the unwanted "baby fat," Strollercize is a complete program and one with fitness rewards you'll be reaping long after your baby is out of the stroller. See all Editorial Reviews

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