

Tamilee Webb's Step Up Fitness Workout



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Book Description Let Tamilee Webb--star of Buns of Steel and Building Tighter Assets--take you by the hand through her breakthrough at-home step workout. For beginners and experienced steppers alike, this marriage of step--the acclaimed high-intensity, low-impact aerobic conditioner--with a full series of muscle-toning and body-sculpting exercises, the program that has it all. Movement-by-movement, photograph-by-photograph, Tamilee Webb demonstrates a complete system of step training. She shows how to master her 17 key step patterns; how to work in arm movements and upper torso sculpting exercises; how to warm up, stretch, and cool down. Then she puts together three effective programs, one each for beginner, intermediate, and advanced stepper. It's fun, easy, and fast--promising beautiful results with just 30 minutes a day, three days a week. 58, 000 copies in print. About

the Author Tamilee Webb, M.A., author of The Original Rubber Band Workout, is the star of two best-selling video exercise series, Buns of Steel and her own Building Tighter Assets. She trains aerobic instructors worldwide, is a three-time IDEA Instructor of the Year nominee, and has been a host of Fitness Pros on ESPN.

作者介绍:

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