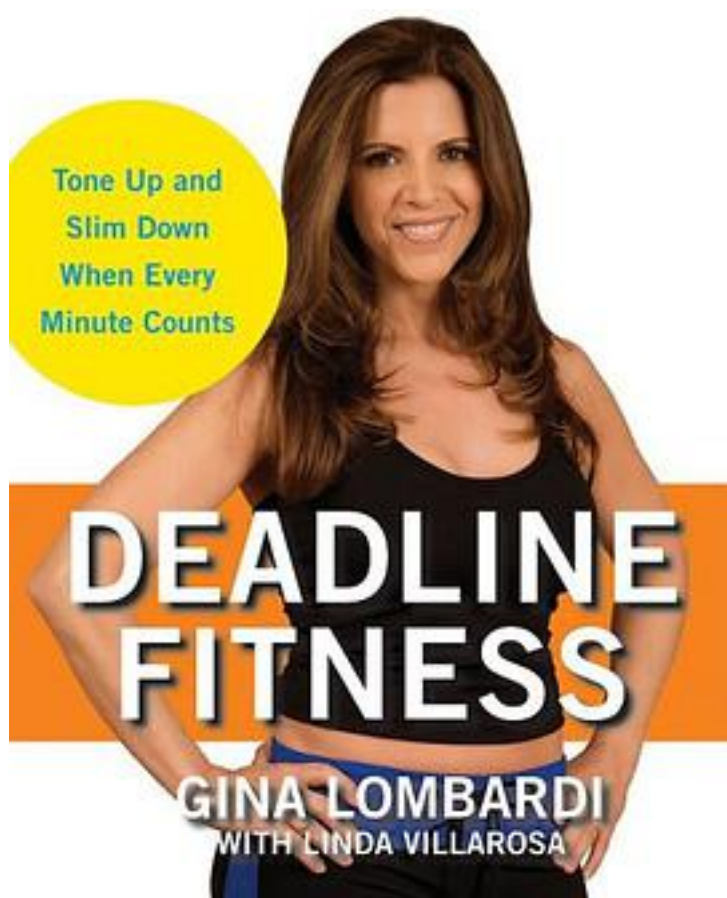


Deadline Fitness



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著者:Gina Lombardi

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From top celebrity fitness trainer Gina Lombardi--deadline-focused weight-loss and fitness secrets to shape up for special occasions Whether it's a wedding in two months or the Academy Awards 30 days away, many people feel stressed out about getting fit and looking their best for a big occasion. In Deadline Fitness, readers can find the

perfect program to meet their weight-loss and fitness goals. With five individualized plans for different time frames, the book combines proven, easy-to-follow exercise and eating plans with dramatic, inspiring stories about the special life events that spur us to tone up and look great.

作者介绍:

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