

# Total Body Workout



**COSMO girl!**  
**total body workout**  
fun moves to look and feel your best



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Every CosmoGIRL! is on the quest for a workout that's fun, effective, and just right for her - and she'll find it in this great guide from her favourite magazine. With step-by-step photos throughout, it features a diverse selection of fitness plans devised by top trainers, prominent gym owners, and elite coaches. Sign up for Bathing Suit Bootcamp.

Have a blast dancing Reggaeton, Broadway style, or Bollywood Bhangra. Or train like the stars: these pages reveal how Jennifer Aniston, Jessica Alba, and Fergie got their super-toned arms, abs, and bottoms. There's even a stay-in-bed workout! Each exercise includes an explanation of which body part it strengthens and a quiz helps each reader find the workout that fits her personality.

作者介绍:

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