

The Body Sculpting Bible for Abs



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著者:Villepigue, James C./ Peck, Peter Field (PHT)

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The Body Sculpting Bible for Abs: Women's Edition

Includes Free DVD

The follow-along DVD designed to help every woman get that toned and slender waistline.

The Body Sculpting Bible for Abs: Women's Edition shows women how to get the abs she wants...and her man desires. The abdominal muscles, stomach, and waistline are targeted in this unique book and DVD combo, featuring the best exercises, the best nutrition plan, and the best training schedule out there.

The invigorating 14-day program includes a follow-along DVD to jumpstart the break-in workout. Combining traditional and trendy exercises, this book uses the periodization principle to teach a quick, easy way to burn body fat and create a slender but toned waist. Inside you'll find:

- just-for-women features like a focus on reducing body fat and motivation

techniques

- dozens of specially selected abdominal exercises, from traditional crunches to stability and medicine balls
- an all-new 30-minute follow-along DVD to keep you motivated

The Body Sculpting Bible for Abs: Women's Edition has everything that made the original editions so popular, without the gimmicks, diet pills, or gadgets.

作者介绍:

目录:

[The Body Sculpting Bible for Abs 下载链接1](#)

标签

评论

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书评

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