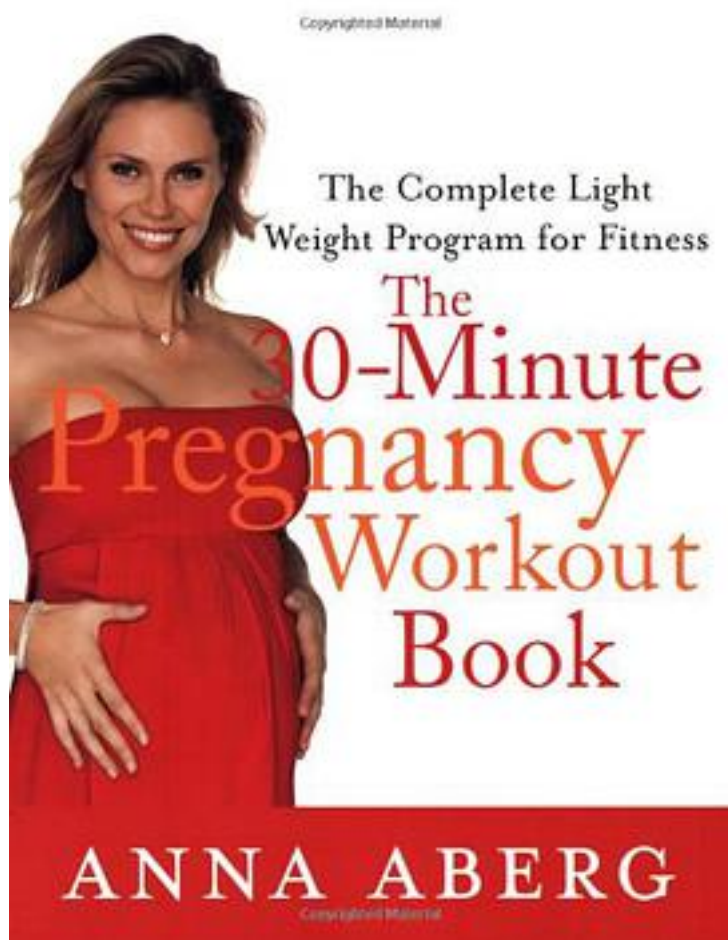


# The 30 Minute Pregnancy Workout Book



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Pregnancy is not a time to let yourself go - and, with "The 30 Minute Pregnancy Workout Book", the nine months before a baby is born may even be a time to get stronger and fitter. When Anna Aberg was pregnant with her first child, Elli, she wanted

an exercise that increased her fitness while safeguarding her pregnancy. Stretching yoga and light aerobics were not enough for this high-performance model and fitness trainer. Adberg developed a daily regimen of light (2-10 pound) weight training that she could do in 30-45 minutes at home, in the gym, or on the road. Divided into three 'sets' for each trimester of pregnancy, Adberg's program will tone any mother and will keep truly active exercisers in peak condition throughout their pregnancies. The program focuses on abs, arms, thighs, butts and shoulders and promises: increased strength; enhanced endurance for the marathon that is pregnancy; to keep body fat low and healthy; and, more flexibility.

作者介绍:

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