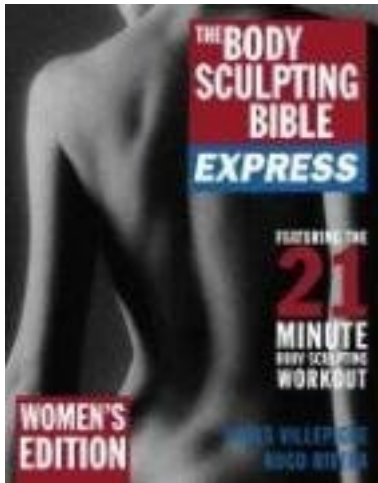


The Body Sculpting Bible Express for Women



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

著者:Body Sculpting Bible Team

出版者:

出版时间:2009-5

装帧:

isbn:9781578262953

Sculpt The Body of Your Dreams in Just 21 Minutes a Day

Between family, work, and home, going to the gym is probably the last thing busy women are looking to add to their to-do lists. Now there's a workout that works harder and makes it easy to fit a fitness routine into a busy and hectic schedule.

From the experts that started the body sculpting phenomenon comes a workout designed to tone and shape your body in just 21 minutes a day: The Body Sculpting Bible Express for Women. This express workout is perfect for women looking to boost their energy and feel younger, healthier and stronger.

Now, as an added bonus, this revised edition also includes a 21-Day Meal Planner with 60 recipes to help you refuel your body and get the most out of your fitness routine!

Based on the periodization principles that have made the Body Sculpting Bibles a

success, Express Workouts are guaranteed to:

- * Chisel and harden the torso and abs
- * Build strength and muscle tone all over
- * Revitalize energy and restore stamina
- * Provide a path towards lifelong fitness

The Body Sculpting Bible Express features exercises designed to work for you. All you need are dumbbells, a step or a bench, and 21 minutes a day to stay active, toned, and confident all year long.

作者介绍:

目录:

[The Body Sculpting Bible Express for Women_ 下载链接1_](#)

标签

评论

[The Body Sculpting Bible Express for Women_ 下载链接1_](#)

书评

[The Body Sculpting Bible Express for Women_ 下载链接1_](#)