

101 Fat-Burning Workouts & Diet Strategies for Women



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著者:Muscle & Fitness (EDT)

出版者:

出版时间:

装帧:

isbn:9781600782060

Lose weight and look great with easy-to-follow cardio and weight training routines,

recipes, and meal plans Following on the heels of the ultra-successful Triumph titles, 101 Workouts and 101 Workouts for Women, are two new books in the "101" series that deliver even more breakthrough fitness advice for people of all ages. In 101 Fat-Burning Workouts and Diet Strategies and 101 Fat-Burning Workouts and Diet Strategies for Women, the editors of Muscle and Fitness magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes. Each title is honed for the specific needs of men and women. The former takes aim at stubborn love handles through a carefully prescribed regimen of strength training and dietary modifications, while the latter attacks trouble spots like arms and glutes and provides full-body routines for all-around conditioning and body fat reduction. The perfect remedy for anyone looking for an easy-to-follow blueprint for better fitness and health, the new 101 Fat-Burning Workouts and Diet Strategies titles are sure to be hot sellers among the New Year Resolution crowd in the first quarter of 2009.

作者介绍:

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