

# The Body Sculpting Bible Swimsuit Workout



[The Body Sculpting Bible Swimsuit Workout\\_下载链接1](#)

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

出版者:

出版时间:2004-3

装帧:

isbn:9781578261413

Whether you summer in South Beach or on the Jersey Shore, it's never too early to get ready for hot fun in the summertime.

Building on the amazing success of his best-selling book *The Body Sculpting Bible for Men*, James Villepigue will get you ready for the beach fast with *The Body Sculpting Bible Swimsuit Edition*. He's designed a very specific, targeted workout plan that's guaranteed to put you in the best beach shape of your life!

Special exercises will show you how to:

- \* Build powerful biceps
- \* Sculpt chiseled abs
- \* Achieve well-defined pecs
- \* Plus diet tips, workout plans, meal schedules, and more

The Body Sculpting Bible Swimsuit Edition for Men will make you confident, strong, fit, and toned!

作者介绍:

目录:

[The Body Sculpting Bible Swimsuit Workout\\_ 下载链接1](#)

标签

评论

-----  
[The Body Sculpting Bible Swimsuit Workout\\_ 下载链接1](#)

书评

-----  
[The Body Sculpting Bible Swimsuit Workout\\_ 下载链接1](#)