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Meyer & Meyer Sport (UK) Ltd. Paperback / softback. Book Condition: new. BRAND NEW, Body Toning for Women: Bodyweight Training / Nutrition / Motivation - 21 Days Is All It Takes, Lucy Wyndham-Read, Every woman wants to work on some part of her body. Whether you are looking to shape your arms, bust, back, abs, bottom, or legs, Lucy Wyndham-Read's book on body toning will help you get the perfect gym body. Within just 21 days, you will see noticeable differences and get closer to the body you have always dreamt of. The book contains numerous exercises for each problem area with different difficulty levels so you can keep progressing while the pounds and inches are disappearing. All exercises in this book can be performed at home and can be done using only your bodyweight or small household objects. Several readymade workouts help you find the perfect training routine. Even if you have got a busy life, Lucy's got the perfect workout for you; Get fit and sexy in just four minutes a day! Beauty tips for every part of your body and extra sections on cardio, nutrition, and motivation will help you turn back time and look ten years younger.



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