

The Womens Health Big Book of Exercises Four Weeks to a Leaner Sexier Healthier You!



BOOK DETAILS

- Author : Adam Campbell
- Pages : 560 Pages
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BOOK SYNOPSIS

Revised edition includes 100 new exercises! The Womens Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever written specifically for women, this book is a body-shaping power tool for both beginners and longtime fitness buffs alike. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the worlds top trainers. Backed by the authority of Womens Health magazine, this revised edition of the bestseller features 100 new exercises in 20 workouts designed by BJ Gaddour, the Fitness Director of Mens Health magazine, and 1,350 photographs, showing movements for every muscle and training plan to match every fitness goal.

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