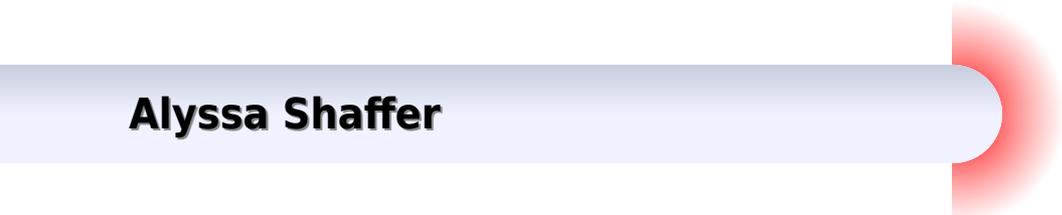




Body Shaping Workout

Alyssa Shaffer



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Fitness Weight Training, 3E Thomas R. Baechle, Roger W. Earle, 2014-01-14 Featuring 75 programs for muscle toning body shaping and pure strength training this full color guide uses color coded workout zones levels of difficulty and intensity to help you achieve your weight training goals at your own pace Includes 63 exercises and sample workout plans that can be used as is or customized to formulate a personalized program

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dumbbells and weight stack equipment you can add inches where you want them lose inches where they don't belong tighten and tone your muscles and develop a healthier body

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Shape, 1996

The Gym Workout Time-Life Books, 1988 Discusses working with various kinds of weights setting up a gym the machine workout and includes recipes and a discussion of high quality food sources

Everything Body Shaping Kate McBride, 2003-12-01 Provides an easy to follow illustrated guide to shaping and toning the body for readers of all body types explaining how to focus a workout to deal with problem areas work specific muscle groups develop a personalized body shaping plan and do the proper stretching exercises

Kiana's Body Sculpting Kiana Tom, Jim Rosenthal, 1994-12-15 Kiana shows you how to sculpt your body not bulk up in a step by step fully illustrated guide for home or gym workouts As the nation's favorite fitness instructor Kiana Tom is widely recognized across the country Kiana understands that most women want to sculpt their bodies and shape up not bulk up Her book distills her enthusiasm and knowledge so that women at any fitness level can have enjoyable workouts and achieve the results they want In Kiana's Body Sculpting Kiana acts as a personal trainer for readers The book includes Aerobic exercise for every fitness level Simple weight training exercises for toning and shaping without bulking up Solution to trouble spots for every body type Half hour workouts to do at home or in the gym perfect for women on the go Strength training exercises to help you excel at your favorite sport Motivation techniques to keep exercise fun Fun and easy exercises along with low fat nutritious recipes will help you reduce body fat and firm and shape your body BONUS Kiana's Cross Training Calorie Counter How many calories do you burn doing your favorite sport

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