



The Women's Health Little Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier You!

Adam Campbell

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Based on the wildly successful *Women's Health Big Book of exercises*, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman—from beginner to expert—who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs.

Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights:

- the best new exercise to firm flabby arms
- the ultimate circuit for a swimsuit ready body
- the fastest cardio workout of all time
- plus 10 new workouts and an exercise log to track progress from start to finish, this shape-up manual bulges

With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

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