

<<The 28 Day Plan-Buns>>

图书基本信息

书名：<<The 28 Day Plan-Buns & Abs 28天美体计划>>

13位ISBN编号：9781407511078

10位ISBN编号：1407511076

出版时间：2007-1

出版时间：Parragon

作者：本社 编

页数：32

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<The 28 Day Plan-Buns>>

### 内容概要

Have you ever taken a secret backward glance at your rear end in a shop window and cringed at the shape of it? Help is at hand-this 28 day program will show you how to firm up those buns and tone up those abs without losing your mind. Find out how to shift that extra weight through exercise and healthy eating. Features a week-by-week plan with daily schedules to make this an achievable aim. Contains easy-to-follow exercises to practice at home or in the gym. Offers sensible advice on which foods to avoid and what to indulge in. To help you complete the program, there are lots of ideas for pampering body and soul. A 28 day plan for every woman to follow, whatever her lifestyle.

<<The 28 Day Plan-Buns>>

书籍目录

The 28 Day Plan  
Warming Up  
The Exercises  
A Healthy Diet  
Your New Eating Plan  
Daily Treatments  
Maintaining  
The Program  
The Plan: Days 1-7  
The Plan: Days 8-14  
The Plan: Days 15-21  
The Plan: Days 22-28  
Activity Record  
Chart  
Congratulations!

<<The 28 Day Plan-Buns>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>