

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



The Womens Health Little Book of Exercises is a handy instruction manual to more than 250 of the best exercises and workouts for banishing fat and losing weight, shaping abs, and sculpting a better body! With detailed step-by-step photos, the book will instruct readers how to execute each move with perfect form to challenge every muscle fibre for better, faster results. Special advice includes how to tone your arms faster than ever before, the best abs exercises for bikini season and 4 surprising foods that burn fat and build lean muscle. Based on the Womens Health Big Book of Exercises, the Little Book is even more useful because its compact enough for you to take right into the gym with you - so you'll never question whether you're doing an exercise wrong again. Workout log included.

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