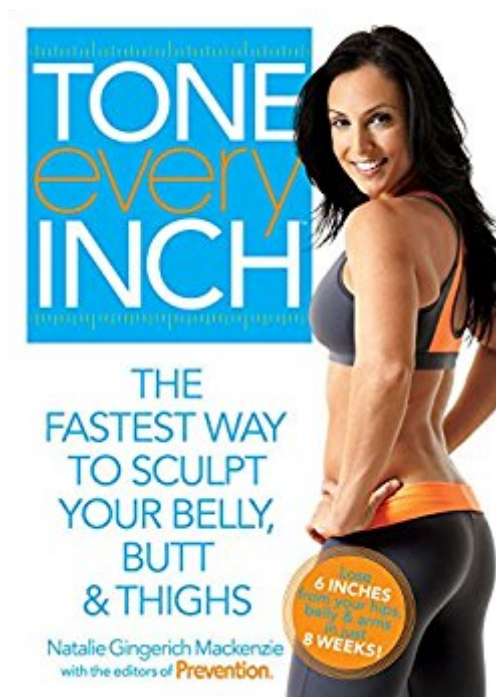


The book was found

Tone Every Inch: The Fastest Way To Sculpt Your Belly, Butt & Thighs



Synopsis

Health and fitness experts have long trumpeted the importance of strength training to lose weight and tone trouble spots for a top-notch physique. But many women have been intimidated by the time and equipment needed to reap these benefits. Now, Prevention has brought together top fitness experts and the latest scientific research to create an eight-week success program that's been proven to be up to three times more effective than traditional weight training. Prevention partnered with Ithaca College in a strength-training study combining dumbbells and resistance bands in an easy and effective body-sculpting workout. And *Tone Every Inch*--by Natalie Gingerich Mackenzie with the editors of Prevention magazine--comes equipped with an easy-to-follow cardio routine and an optional (yet optimal) eating plan to help readers tighten trouble areas while simultaneously shedding pounds and boosting energy--in just 30 minutes a day! This achievable plan fits into anyone's schedule and can be done at home or on the go.

Book Information

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Customer Reviews

I enjoy this book because it does really help the toning of the thighs (my problem area). Finally! I would recommend this to other people that have problem areas that are tough to change.

great book! Probably had a lot more information than needed to fill pages, so I never read it all because I got the gist of things early on in the book. Great suggestions. Pretty book. I also have the DVD, which is probably the reason I didn't finish reading. I don't like trying to read how to do a workout out of a book, I need to see it happening in action And motion.

I thought this was a good workout, and it didn't take too much time. But I found that I got bored with it pretty quickly, since it was the same workout every time. Also, I tend to like videos, instead of getting workouts out of a book.

Got this book for a friend. She loves the workouts from the author. I would love to try some of her workouts as well. Would recommend this book.

Great book, now I just have to use it more. Great info. and pictures to follow. Too bad it can't give me stick - to - it ness.

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