

<<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>>

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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.

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Congratulations!

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