

<<The 28 Day Plan-Cell>>

图书基本信息

书名：<<The 28 Day Plan-Cellulite Buster 28天美体计划>>

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内容概要

As many as eight out of ten women suffer from cellulite, but help is at hand. There are no instant cures, but with a little effort and determination, and by following this 28 day plan, you too could be the proud owner of the smoothest, sexiest legs! Find out how to shift that cellulite 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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书籍目录

Cellulite Exercising Cellulite Away Helpful Treatments Healthy Eating Plan Daily Treatments Maintaining The Program Days 1-7 Days 8-14 Days 15-21 Days 22-28 Activity Record Chart Congratulations!

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