

<<The 28 Day Plan-Flat>>

图书基本信息

书名：<<The 28 Day Plan-Flat Stomach 28天美体计划>>

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内容概要

Have you striven for years to attain a well-toned lean stomach, tried every diet imaginable, and suffered a daily ritual of sit-ups? If the answer is yes, then this book is just what you have been looking for, showing how to achieve this aim within just 28 days Find out how to regain a flat stomach 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

You Can Have A Flat Stomach
Learning to Exercise
Exercising Options
A Good Diet
A New Eating Regime
Daily Treatments
Maintaining The Program
Flat Stomach: Days 1-7
Flat Stomach: Days 8-14
Flat Stomach: Days 15-21
Flat Stomach: Days 22-28
Activity Record Chart
Congratulations!

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