

<<The 28 Day Plan-Get >>

图书基本信息

书名：<<The 28 Day Plan-Get Fit for the Beach 28天美体计划>>

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内容概要

Do you feel ready for the beach? Do you feel confident enough to shed those long-sleeved sweaters and baggy trousers and slip into something more revealing? If you cringe at the thought of exposing those less-than-lean thighs and wish that you had done something about that slight midriff bulge, then this 28 day program is what you have been looking for. Find out how to prepare for the beach 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 you can 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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