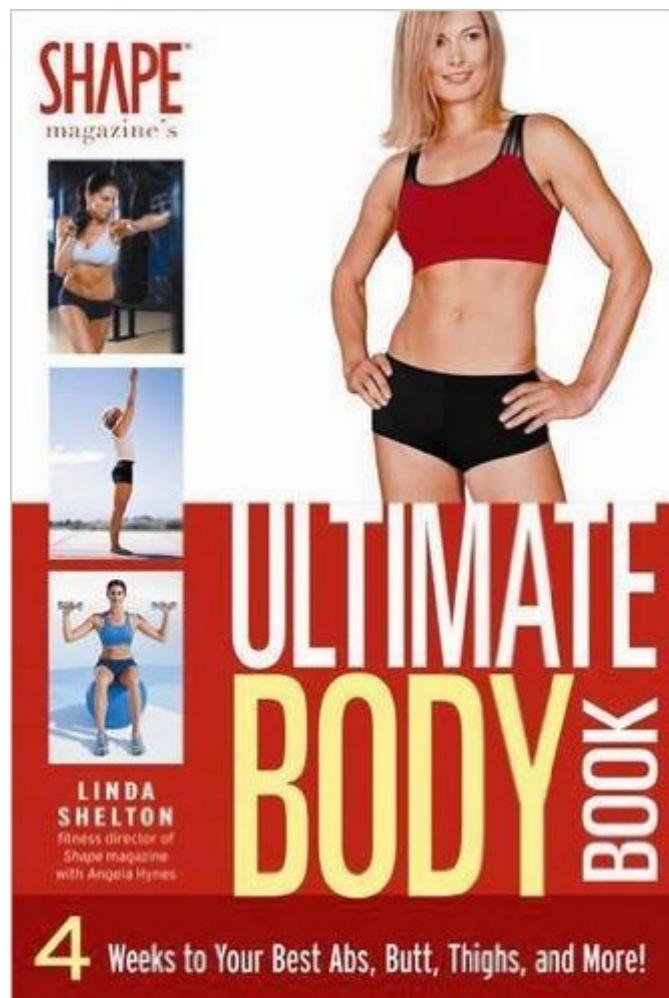


The book was found

The Ultimate Body Book: 4 Weeks To Your Best Abs, Butt, Thighs, And More!



Synopsis

From Americaâ™s #1 womenâ™s fitness magazine, boasting six million readers each issue, comes Shape magazineâ™s Ultimate Body Book, the follow-up to the bestseller, Shape Your Life. Linda Shelton, the magazineâ™s fitness director, put you on the road to living your best life; now sheâ™s showing you how to achieve your best body the Shape way. This means getting lean and toned, having maximum energy, and possessing the head-to-toe confidence that comes from knowing youâ™re at your personal peak of fitness, health, and well-being.

Book Information

Paperback: 256 pages

Publisher: Hay House (December 1, 2006)

Language: English

ISBN-10: 1401907091

ISBN-13: 978-1401907099

Product Dimensions: 5.7 x 1.1 x 8.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #1,802,505 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #188 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #4311 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This is a pretty exhaustive workout guide for women. It is a good balance of giving you tips to be successful at working out and eating right (For example, how to avoid injury, how to make the most of your workouts, and how to avoid the excuses for not working out.) as well as giving you day by day, week by week workouts to try. It starts off with some general information about working out and fitness and then helps you to assess where your fitness level is at so you can decide if you should start with the beginner, intermediate, or advanced workouts. Because it offers all three, it is a great book for a variety of women, regardless of the current level they are at. It then goes on to help you develop a total body workout with helpful color pictures of the movement of each exercise to help you learn each exercise with ease. In addition to the expected strength training you'll find advice for cardio as well as short yoga and pilates routines. It truly does offer a lot of variety to help you develop a personalized tailored workout. The one challenge, as others have mentioned, is that as

written many of the exercises require access to a gym so if you plan to do these at home you may need to purchase more equipment than you already have or make modifications. A lot of readers seem to be doing the later already, but it would be easier if the book gave you suggestions as to how you might adapt these exercises if you don't have access to the machine recommended. They do provide a section near the end of 'do anywhere' workouts, but do not indicate if these exercises can be substituted for others in the total body workout that require a machine.

[Download to continue reading...](#)

The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast The Little Butt & Thighs Workout Book (Little Book) Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide to Thousands of Foods, and How Each One Shapes Your Body HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) 8 Minutes in the Morning to Lean Hips and Thin Thighs : Lose Up to 4 Inches in Less Than 4 Weeks-- Guaranteed! Hot Hips and Fabulous Thighs: Look Great in Just 6 Weeks Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves

[Dmca](#)