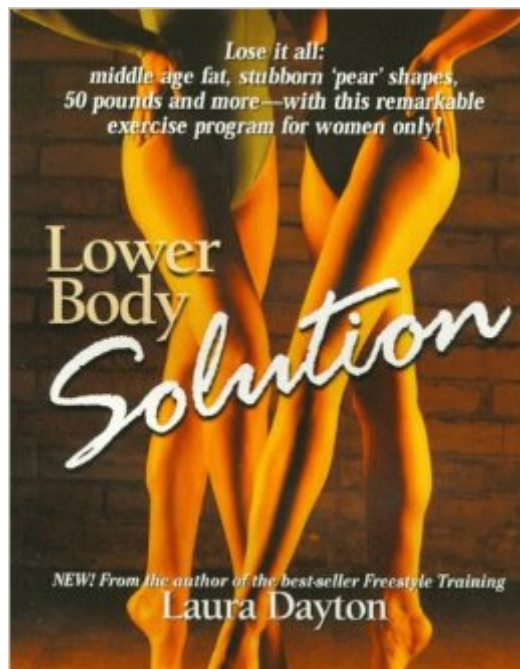


The book was found

Lower Body Solution: Shrink Your Hips, Thighs, Butt And Belly With This New Exercise Program For Women Only



Synopsis

Day by day, this very distinguished exercise program is for women to get rid of that stubborn fat that seems resistant to every other program. Middle-age fat, genetic fat (thanks mom!), low belly fat, and especially the hip, rear and thigh fat that makes your body look like a pear! The program is one of a kind, based on years of research in the bodybuilding, figure skating and dancing fields. Old rules are thrown out and this new program allows women to weight train for weight loss, not muscle size! Everything is spelled out and there is a complete exercise index with photos and descriptions.

Book Information

Paperback: 149 pages

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Product Dimensions: 11 x 8.4 x 0.3 inches

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #2,260,566 in Books (See Top 100 in Books) #87 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #1954 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #5146 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I couldn't be happier with the results I am getting from this book. I have a "stubborn Pear shape" & had only been happy with my workouts when I cut my eating way back. I am only 1/3 of the way through this program and my muscle tone has dramatically changed & my clothes have never been baggier. By the time I finish, I'll be ready for a tropical vacation, no problem!

I can not make it to a gym, and to use this book, you need gym equipment. I have dumb bells, and a few other things I can use at home. I had to return this book because it is unusable for someone like me who can not make it to the gym.

Im a 42-year-old "pear"-shaped woman who's been doing this program for 7 weeks now. I've lost a dress size and my hipbones have reappeared. I've kind of watched what I've eaten, but I haven't

missed any meals. I think the information is valuable, and I like how it's presented. Detailed routines are given for every workout. The routines are varied and customized to all levels of fitness (starting with a beginner's program that fitter people skip). I like that complete exercise descriptions are in a separate chapter, listed alphabetically for easy reference. I've also learned several new exercises. I'm ordering a second copy because the first one had a water bottle dumped on it. I think this is a great book.

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