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Home Arm Workouts for Women: One Minute Moves to Help You Get Sculpted, Sleeker, Faster (Paperback)

By Amber O Connor

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. Finally Go Sleeveless With Shapely, Toned and More Sculpted Arms. No Gym Required! Let's face it, going to a gym can be a bit laborious. It can be costly and if you're a busy mother, finding the time to get to one can be difficult. However with a few simple props and hand weights, you can achieve a more toned and limber torso in the comfort of your own home. Home Arm Workouts for Women is a clear and concise resource for women who want to get back into shape, but are short on time, money and kit. It contains a selection of effective moves designed to fit into short daily routines. They involve little or no equipment and can be easily incorporated into even the most hectic days. With step-by-step instructions and lots of illustrations, you won't find any gimmicks or shortcuts, just easy to follow exercises to help tone, firm and sculpt your upper body trouble zones. In our fitness guide you'll discover: How making a few simple tweaks in your arm workouts can take you...



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