



Tone Your Tummy Type : Flatten Your Belly and Shrink Your Waist in 4 Weeks

By Austin, Denise

Rodale Press, 2007. Softcover. Condition: New. 291 pages. Every woman yearns for a tight tummy and a narrow waist-and in this breakthrough target-toning book, bestselling author and fitness guru Denise Austin gives women the weapons they need to win the war against even the most stubborn belly fat. All belly bulges is not created equal! Drawing on the latest scientific studies about the five different kinds of abdominal fat, Austin helps every woman identify her particular Tummy Type-and then carefully explains and illustrates the specific exercises that work for that type.This title features that distinguish "Tone Your Tummy Type" such as: a cutting-edge program-combining nutrition, fitness, and lifestyle advice - that works to blast away belly fat faster and more effectively than ever before; a 4-week weight-loss plan complete with recipes and shopping lists; and, inspiring success stories with before-and-after photographs. The remarkable motivational skills that have made Denis Austin's top-rated Lifetime fitness shows "Fit Lite" and "The Daily Workout" so enormously popular. Women of all ages at all stages of life will find the right program for themselves in these pages-and there's even a bonus chapter for men! Quantity Available: 1. Category: Medicine & Health; ISBN/EAN: 9781594868146. Inventory No:...



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