



Smart Girls Do Dumbbells

Judith Sherman-Wolin

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You've probably been dieting and exercising—or trying to—your entire life. You lose the weight; you gain it back. Or you lose most of the weight, but can't get those last stubborn 5 to 10 pounds to budge an inch. Or you exercise like mad, but still, the butt's a little saggy, the arm's a little flabby, and the belly's a little droopy. Why don't you have the body you always wanted? You may not know the real secrets of strength training and the magic of dumbbells. Judith Sherman-Wolin, exercise specialist at the UCLA Center for Nutrition, has developed a fast and easy dumbbell program that you can do at home and set up for less than it costs to go to a gym every month. You won't look like Arnold Schwarzenegger (who wants to anyway?) but you will watch your butt shrink, your abs flatten, and your arm muscles lengthen and firm. Say "hello" to your bikini and all those sleeveless tops you dreaded wearing when the weather got too hot to stay covered.

All you need is the motivation, and this book will keep you psyched. In **Smart Girls Do Dumbbells** you'll learn:

- the complete 30-minute, 30-day, 30-way, start-to-finish program
- how to melt away those stubborn pounds you've been trying to lose your entire adult life
- how you can shape a body that burns more calories, even while you're plopped on the couch
- inexpensive ways to build your own dumbbell gym
- Judith's bonus ab-flattening recipes

Work out smarter, not harder. All it takes is 30 minutes for a leaner, healthier, sexier body!



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Johanna Hernandez:

This book untitled Smart Girls Do Dumbbells to be one of several books in which best seller in this year, that is because when you read this publication you can get a lot of benefit upon it. You will easily to buy that book in the book store or you can order it by using online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this reserve from your list.

Carol Welch:

A lot of people always spent their own free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read the book. It is really fun in your case. If you enjoy the book that you read you can spent the whole day to reading a book. The book Smart Girls Do Dumbbells it is very good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. Should you did not have enough space to bring this book you can buy the actual e-book. You can more easily to read this book out of your smart phone. The price is not very costly but this book provides high quality.

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