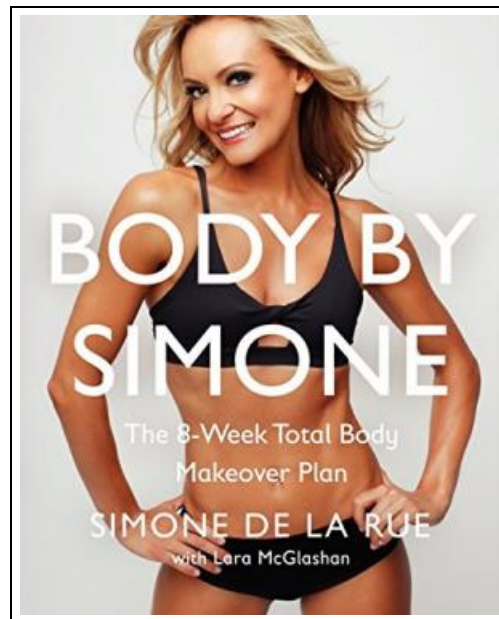


Body by Simone: The 8-Week Total Body Makeover Plan (Hardback)



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Reviews

A fresh e book with a brand new point of view. It is actually written in straightforward terms and never difficult to understand. I found out this pdf from my dad and i suggested this ebook to understand.

(Dr. Lisandro Schuppe MD)

BODY BY SIMONE: THE 8-WEEK TOTAL BODY MAKEOVER PLAN (HARDBACK)



Harper Wave, United States, 2014. Hardback. Book Condition: New. 246 x 201 mm. Language: English . Brand New Book. What do the hottest bodies in Hollywood have in common? The secret is in your hands. We see them in films and magazines in show-stopping red carpet gowns during every awards season. They are the ageless, confident, athletic women of Hollywood we all aspire to look like. Now you can have access to the secret weapon used by actresses like Naomi Watts and Anne Hathaway: the workouts of Simone De La Rue. Simone, a former dancer with a stage career that spanned more than two decades, is the creator of Body By Simone, a fitness program that's winning over the women of New York and Los Angeles who flock to her sold-out classes. Now, in her first book, she makes her exclusive workout regimen available to everyone, everywhere. Her 8-week plan offers a road map to total body transformation. From her unique strength-training moves that target multiple muscle groups at once, focusing on areas like the hips, buns, and thighs for maximum burn, to her fun and fast-paced dance-cardio routines, there are workouts for every fitness level. Whether you're looking to lose five pounds, twenty pounds, or more, Simone leads you through the goals for each week of the program step by step, and offers both a simple eating plan and a fourteen-day cleanse for instant results. At the end of 8 weeks, you'll not only lose weight but more important, you'll lose inches by replacing fat with lean, sexy muscle tone. If you're looking for a way to get bikini (or red carpet!) ready, look no further. Sculpt your way to the body you want and deserve with Body By Simone.



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