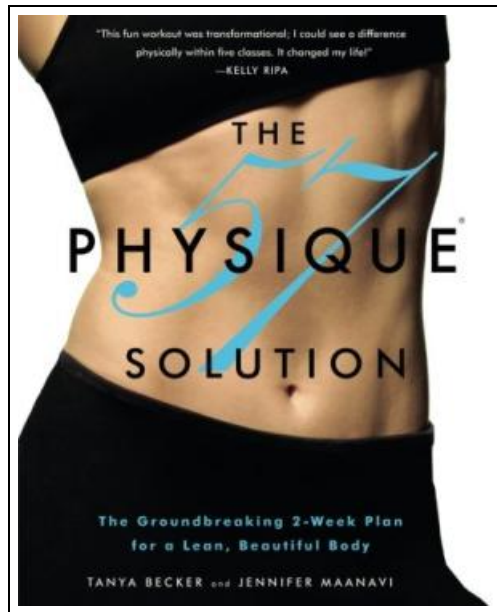


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Little, Brown Company, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE PHYSIQUE 57 SOLUTION is an innovative workout that s incredibly effective for weight loss and body sculpting. In just 57 minutes, the workout s signature sequence of moves (isotonic and isometric exercises, complemented by orthopedia stretches) works every muscle group in the body to systematically lengthen and sculpt a beautiful, sexy body. Rooted in the Lotte Berk Method, the PHYSIQUE 57 technique works so well because it increases lean body mass more effectively than any other workout. The book s 2-Week Plan combines a step-by-step workout with meal plans and healthy recipes and promises up to 10 pounds of weight loss, including 2 inches off your waist, 2 inches off your hips, 5 inches off your thighs and 1 inch off your arms! THE PHYSIQUE 57 SOLUTION offers a major caloric burn, innovative choreography, variety, and efficiency, and it s sure to give you the body you ve always wanted!.



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