



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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