



The Body Sculpting Bible for Women

James Villepigue, Hugo A. Rivera

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Every woman's desire to achieve a beautiful and healthy body is made easy with this unique and comprehensive program! Body sculpting is the key to attaining a beautiful, defined, healthy figure. By combining precision weight training with proper diet and nutrition, *The Body Sculpting Bible for Women* demonstrates that women everywhere can rapidly meet their fitness goals, including

- improved strength
- reduced body fat
- increased energy
- sculpted thighs
- slim hips
- perfectly shaped arms
- tight and toned abdominals
- fit and firm buttocks

Women have been searching for an ideal fitness program: one that is convenient, effective and, most importantly, tailored specifically for a woman's body. Now it's here! Authors James Villepigue and Hugo Rivera have developed a unique and powerful 14-day body sculpting workout that promises to deliver life-changing and long-lasting results. It's a complete success formula in one easy-to-follow book: *The Body Sculpting Bible for Women*. 100 b/w photos.

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