



# Sleek Physique Workout

**Robert Kennedy, Dwayne Hines, II**



## **Sleek Physique Workout:**

**Fast Lane to Fitness** Robert Kennedy, Dwayne Hines, II, 2006-01-23 This book addresses endurance strength and flexibility training as well as the essential elements that can make or break your progress

**Fast Lane to Fitness** Robert Kennedy, 1998 *Fitness* Fitness Magazine, 2010-12-13 With a You Can Do It attitude Fitness magazine shares workouts health and beauty advice diet plans and success stories to motivate readers to achieve balance in all aspects of their lives Fitness empowers women to embrace fitness as a lifestyle not an age or dress size and to change the conversation from skinny to healthy Contents Part I Express Total Body Workout Chapter 1 Building Your Own Program Chapter 2 Boost Energy Blast Fat Chapter 3 Targeted Stretching to Beat Stress Chapter 4 Recipes Diet and Nutrition for Optimal Calorie Burn Part II 15 Minutes to Tone Your Trouble Zones Chapter 5 Jiggle Free Arms Chapter 6 Flat Abs Fast Chapter 7 A Strong Chest and Back Chapter 8 A Great Butt Chapter 9 Leaner Legs Chapter 10 Mix and Match Your Workouts

**The 30-Minute Pregnancy Workout Book** Anna Aberg, 2014-05-27 A Fresh and Effective Approach to Staying Toned During Pregnancy in just 30 Quick Minutes a Day At Home or on the Road Pregnancy is no time to let yourself go and with Anna Aberg's surprisingly efficient light weight program the forty weeks of waiting may even be a time to get stronger and fitter When Aberg a former Miss Sweden and personal trainer was pregnant with her first child she couldn't find an exercise routine that would increase her fitness while safeguarding her pregnancy Stretching yoga and light aerobics standard fare for pregnant women weren't enough for this high performance mom to be Aberg developed a daily regimen of 2 to 10 pound weight training that could be done anywhere at any time The system she developed and perfected to keep herself in shape is all here divided into three sets for each trimester of pregnancy It focuses on abs arms thighs butts and shoulders and promises increased strength enhanced endurance a cap on body fat and more flexibility Aberg's 30 Minute Pregnancy Workout Book will tone any mother and keep truly active exercisers in peak condition throughout their pregnancies

**Frank Sepe's Abs-olutely Perfect Plan for a Flatter Stomach** Frank Sepe, 2005-01-01 The only abs book you'll ever need Frank Sepe's Abs-olutely Perfect Plan for a Flatter Stomach answers all the questions you want to know about building abs You not only get the perfect eating cardio and ab plan but you also get full body workout plans to take your physique to the next level with full color photos illustrating all of the ab and workout exercises The abdominal program presented here by world renowned fitness expert and ESPN2 Cold Pizza host Frank Sepe will clear up all of that confusion and misinformation and will finally help you reach your goal of a smaller waistline and a ripped midsection Everything and anything you want to know about abs and how to achieve them is in this book

**The Bikini Body Diet** Tara Kraft, Editors of Shape, 2014-04-08 From Shape magazine the most trusted source of fitness exercise and weight loss information for women comes a simple 6 week diet and workout plan that will transform your body and your life Tone and Shape Your Best Bikini Body in Just 6 Weeks Prepare to look better feel healthier and regain your body confidence and keep it for life This plan is the culmination of years of hands

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