

HOME TONE

UPPERBODY

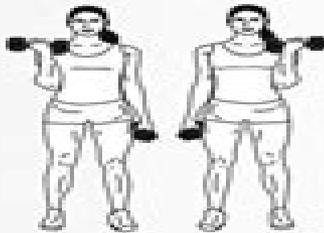
DAREBEE WORKOUT
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Level I 3 sets

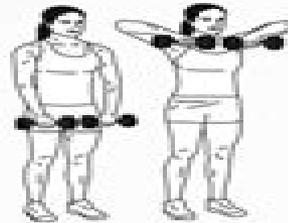
Level II 4 sets

Level III 5 sets

2 minutes rest



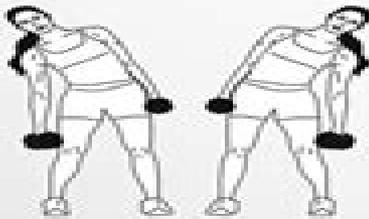
20 alternating bicep curls



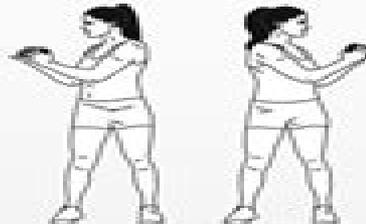
10 upright rows



10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

Tone Workout

Hongru Du



Tone Workout:

Body Toning for Women Lucy Wyndham-Read,2015-12-01 BE YOUR OWN PERSONAL TRAINER Every woman wants to work on some part of her body Whether you re looking to shape your arms bust back abs bottom or legs Lucy Wyndham Read s book on body toning will help you get the perfect gym body Within just 21 days you will see noticeable differences and get closer to the body you ve always dreamt of The book contains numerous exercises for each problem area with different difficulty levels so that you can keep progressing while the pounds and inches are disappearing All exercises in this book can be performed at home and can be done using only your body weight or small household objects Several readymade workouts help you find the perfect training routine Even if you ve got a busy life Lucy s got the perfect workout for you Get fit and sexy in just four minutes a day Beauty tips for every part of your body and extra sections on cardio nutrition and motivation will help you turn back time and look 10 years younger Lucy s favorite delicious recipes will inspire you to change your diet and live a healthier life For any woman who wants to get her dream body without losing too much time and money Body Toning for Women is the perfect companion *Fit Moms For Life* Dustin Maher,2011-10-01 Moms feel overworked and under appreciated *Fit Moms For Life* acknowledges the challenges and struggles moms face in getting in shape but provides a road map that is very doable because of the short workouts and eating plan that is designed for moms on the go Each chapter contains 3 4 stories of moms who have already conquered their weight loss battles and share their wisdom and advice to the moms reading *Fit Moms For Life* Their stunning before and after pictures are a reminder of what is possible The workout plan is anti cardio based We believe that long distance cardio goes against the goals of weight loss therefore we don t prescribe it at all Stretching and Toning Melissa Cosby,2005 **The Book of 20-minute Workouts** ,2006 **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **The A-List Workout** Alyssa Shaffer,2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven day meal plan **Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Bowker's Complete Video Directory* ,2000 *In-line Skating* Albert Fried-Cassorla,1995 Wheel expert Albert Fried Cassorla presents an easy to use guide to help any beginner start off safely down the road to in line success Combining photos illustrations and simple instructions In Line Skating helps beginners learn everything they need to know including safety issues first moves advanced moves speed skating and ramps **Ten Minutes to Better Health** Jane Collins,J. K. Collins,1998-12 An invaluable collection of 10 minute routines recipes and tips that will make a positive difference in your health energy level and looks It s easy to use and has over 60 exercise and beauty programs plus hundreds of health tips and recipes Elle

,1997-07 **Body & Soul (Watertown, Mass.)** ,2004 Getting Firm Time-Life Books,1987 Provides information on designing a fitness program for the lower middle and upper body Also contains recipes for low fat foods The Video Source Book David J. WEINER,1990 **McCall's** ,2000 **The Video Librarian** ,2006 Laser Video Guide ,1996 The complete laser disc catalog movies music and special interest including karaoke and animation *The Weight Watchers Complete Exercise Book* Judith Zimmer,Judith Zimmer,1995 Whether you are a beginner a seasoned fitness pro or some where in between you ll find countless ways to get and stay motivated get in shape and have fun *Home Training* Amazin Lethi,2005 With over 50 exercises and more than 200 color photographs Learn how to set up your own fitness area in the home Practice a variety of free weight exercises to strengthen and tone specific body areas Follow over 10 programs covering beginners a back care routine and training during pregnancy Supplement your training routine with healthy eating aerobic workouts and meditation Get the most from training journals stretching routines and motivational advice **Shape** ,1996

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