

HOME UPPERBODY TONE

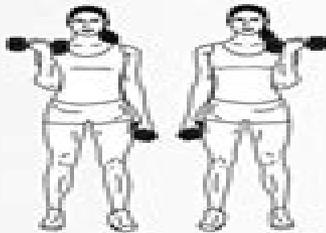
DAREBEE WORKOUT
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Level I 3 sets

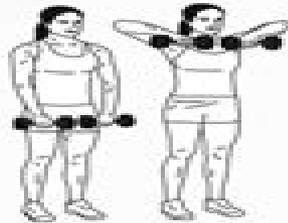
Level II 4 sets

Level III 5 sets

2 minutes rest



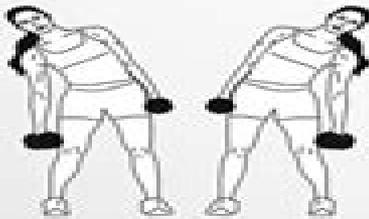
20 alternating bicep curls



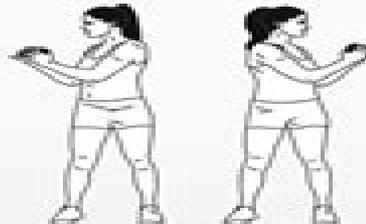
10 upright rows



10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

Tone Workout

Albert Fried-Cassorla



Tone Workout:

15 Minute Dance Fitness Caron Bosler,2008-12-01 15 Minute Dance Workout is a fun fast streamlined way to get your fitness fix It features four 15 minute dance exercise sequences which comprise of a variety of current dance styles from jazz to street Caron Bosler has taught dance and pilates for over 17 years She runs an elite private training business in Central London and writes a monthly online column about yoga for www.yogapoint.com Caron grew up in the USA and started her career as a jazz dancer for the Houston Metropolitan Dance Company in Texas before gaining a Masters in dance and went on to perform in New York and London for international choreographers

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

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

Prevention ,2007-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

The Book of 20-minute Workouts ,2006

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

Fitness After 50 Workout Elaine LaLanne,Richard Benyo,1989 Elaine LaLanne expands her physical fitness program to include exercises for twenty one different body parts Photographs the latest aging research and Elaine s own example will have older men and women exercising with renewed vitality

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

Bowker's Complete Video Directory, 1998 ,1998

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

Body & Soul (Watertown, Mass.) ,2004

Stretching and Toning Melissa Cosby,2005

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 *Shape* ,1996 *Keep Moving!* Esther Pryor,Minda Goodman Kraines,1992 *Elle*
,1997-07 **Aquatic Fitness, Everyone** Terri Lees,2005 **Cosmopolitan** ,1994-04

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