



**SHAPE**  
magazine's

# ULTIMATE BODY BOOK



*4 Weeks to Your Best Abs,  
4 Butt, Thighs, and More!*

EMILY'S FITNESS

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## The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! (Paperback)



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The Jesuits: As They Were and so are (1845)



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All in all, an excellent training guide that includes a complete "at home" workout. A good feature of this book may be the "ultimate word" in each chapter which is basically like "in the event that you remember nothing at all else. Kinda bulky and small print for dragging to the gym but should match on a copy machine if you need a good work out plan to refer to. The jogging program specifically is well devised and delivers what it promises." paragraph. Chapter 13 is certainly on "Clean Consuming", which has favorite foods replacements in chart format. I have swapped, for instance, the dark brown rice for white and I've tried the complete wheat pasta (although, that is even more palatable with fifty percent regular half whole wheat). This book is like having an individual trainer. The pictures are clear, each exercise is demonstrated. I like anything that I could do from your home and I desire to be able to toss "extras" in - shock my body. (More house than fitness center). The paperback is published on very nice quality stock. (For a serious 4wk plan ONLY, I would suggest 28-time Body Shapeover by Brad Schoenfeld available at Amazon) But this book really IS an ULTIMATE reference and includes 2-[part instructional (color) images of each exercise too. Furthermore to targeted area exercises, it covers (pretty well) every exercise discipline I've have you ever heard of (from yoga/pilates to weights including medication balls) and provides a good workout (or 2) for every including beg/interm/adv levels. Great for when you wish to 'mix it up' and want some motivation or just desire to try something fresh and want a quick read on the fundamentals. Not a thin book but the overall size is nice. Visually appealing. Like they required all the workout articles from Shape mag and condensed them into the best of the best. Also contains a section towards the finish about eating right (with some good sounding recipes) but of course you would expect that. I simply don't think the '4wks' plan may be the main focus of the book. Very comprehensive. This book rocks !! I bought (new) paperback thru an Amazon vendor right here for an incredible price. Definitely recommend even if simply for reference. Should point out that the book is certainly from 2005 but will not seem dated at all. Several ideas in right here work for me personally - 48 year old woman I checked this book out from the library - liked therefore lots of the workouts - which I could do at home - that I instantly got on Amazon and ordered the book. Excellent Primer I believe the '4wks' in the name is more of a sales page but there ARE 4wk plans and there ARE many many simple workout routines that can be done both in the home and the gym. So I feel like I have to buy the book once again, in hardcover/paperback. I'm sore because I did so it ideal and worked the correct muscle tissue. It's a feel good sore and totally worthwhile! The reason I gave it 4 stars is - it's a little book so holding it open with something heavy while training is a pain - I'd prefer it be spiral bound - I'd prefer all my workout books to be spiral therefore I can drop them open on to the floor or a table while I follow them. Really, really happy We purchased this! Truly the best Book in Fitness I wish I acquired this publication from the beginning. Just a little old, copyright 2005, but an excellent workout tool still! Happy I bought it & have already referenced it several times--plus a great read. Don't buy the Kindle version I purchased the Kindle publication, and it has these photos of pages, where in fact the writing is so tiny you cannot go through it, and enlarging will not change the font. I'm sore today from the exercises I did yesterday - there is a difference between sore and hurting/pain. So don't waste your cash on the Kindle edition. Otherwise, the reserve seems great. Simple and easy to follow. Love this book! It is also peppered with relevant details throughout- from general fitness to how exactly to do an exercise routine better. It includes a comprehensive list of exercise routines and programs. It also includes a recipe section that I'm looking forward to trying out. I would remove one star for having less an Index section, but that's just nitpicking. OK It is hard to create something new & different, that is a good basic fitness book. Average book on workout and technique. Nothing really new & different. Good Information This book contains easy to understand information for all fitness levels.. All of the information is useful and current, its like having a years subscription to a fitness magazine rolled in to the one book. It's really Excellent. (Thank the classy HayHouse publishing for that). I forgot We had it until We decided to catch up on my reviews. Excellent item. I like SHAPE anyway though.



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