



Get In Shape With Resistance Band Training: The 30 Best Resistance Band Workouts and Exercises That Will Sculpt and Tone Your Body At Home (Get In Shape Workout Routines and Exercises)

Julie Schoen, Little Pearl

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Are You Ready Look And Feel Hotter And Healthier Than Ever Before? No Gyms Or Expensive Equipment Required! Author and fitness guru Julie Schoen takes you through the 30 most effective resistance band exercises to help you re-size, re-sculpt, and reclaim the body you have always wanted. And you can do it anywhere, anytime! Her workouts are designed to target your trouble zones (hips, thighs, arms, butt, and tummy) so that you get the results you want faster than ever before. Schoen's fun and effective 10, 20, and 30-minute workout plans will help you learn how to use resistance bands correctly. And the results show! After having a baby less than a year ago, Schoen is living proof that these workouts really do work. Filled with detailed instructions and helpful photos, Get In Shape will help you knock out an amazing workout in record time. No more excuses! Discover The 30 Best Resistance Band Exercises To: * Lose Inches From Your Hips * Firm Your Thighs * Define Your Arms * Create A Perky Butt * Flatten Your Tummy * Gain The Confidence You've Always Wanted! Redefine your definition of a killer workout and an amazing body! Buy this edition of Get In Shape now and be on your way to a fitter, healthier you! BONUS! Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

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