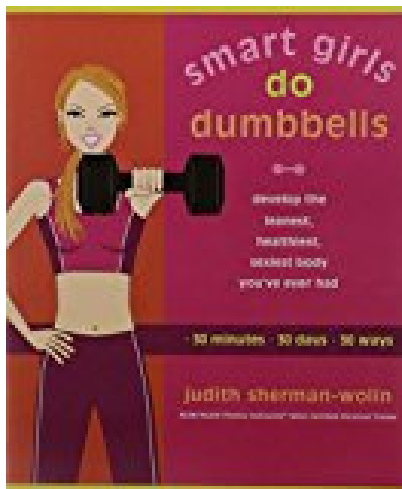


Smart Girls Do Dumbbells 30 Minutes 30 Days 30 Ways -- Develop the Leanest Healthiest Sexiest Body Youve Ever Had



BOOK DETAILS

- Author : Judith Sherman-Wolin
- Pages : 240 Pages
- Publisher : Riverhead Books
- Language : English
- ISBN : 1573223867

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BOOK SYNOPSIS

Introduces a fast and easy dumbbell exercise program designed to help eliminate unwanted weight, use more calories, and shape and tone the body, accompanied by helpful tips on inexpensive ways to build a home gym, ab-flattening recipes, and more. Original. 35,000 first printing.

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