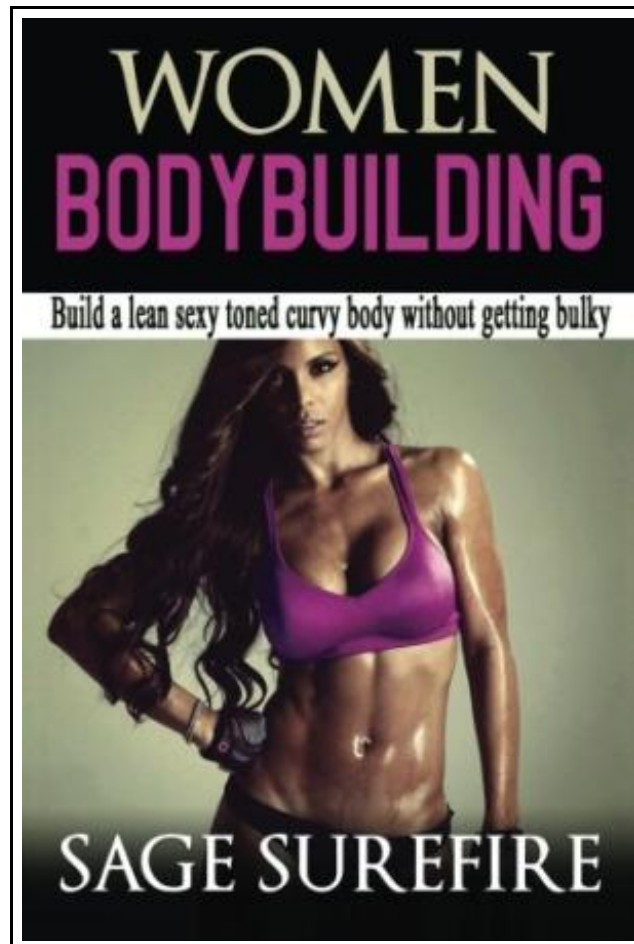


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(Dr. Raven Ledner)

WOMEN BODYBUILDING: BUILD A LEAN SEXY TONED CURVY BODY WITHOUT GETTING BULKY; WOMEN BODYBUILDING AND WORKOUTS FOR WOMEN



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Build A Lean Sexy Toned Curvy Body Without Getting Bulky I ve been in the gym business for 33 years, as a gym owner, personal trainer and a bodybuilding coach. During that time, I ve seen some interesting things in relation to women and their bodies. In the 80s Jazzercise was all the rage. The 90 s saw the advent of Tae-bo. Then with the 00 s came Cross-Fit, as women slowly cottoned on to the benefits of weight training. During those three decades, I ve helped hundreds of women totally transform their bodies from frumpy to fantastic, turning couch potatoes into bodybuilding champions. By utilizing bodybuilding training strategies, these ladies have moved beyond the myths associated with women and weights to unleash dramatic physical changes all over their bodies. In this book, I will reveal the exact same techniques, diet and training that have created these hard bodies. By following this guide you will be able to revolutionize your body and your training. Choosing to follow the bodybuilding lifestyle will make you a stronger, fitter, sexier person. But it will also instill within you vital qualities that will help you to achieve success in all areas of life. Discipline Confidence Perseverance In Short Bodybuilding Will Make You A Fitter Healthier Sexier Stronger Mentally Tougher Person Ok, ready to take the first step? It s time to turn the page on your former soft self and start hardening up. A Preview Of What You Get In This Book How to find out your body fat percentage, your raw weight, and your lean body mass Machines vs free weights Every single muscle in the front and back...

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