



Smart Girls Do Dumbbells

Judith Sherman-Wolin

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You've probably been dieting and exercising—or trying to—your entire life. You lose the weight; you gain it back. Or you lose most of the weight, but can't get those last stubborn 5 to 10 pounds to budge an inch. Or you exercise like mad, but still, the butt's a little saggy, the arm's a little flabby, and the belly's a little droopy. Why don't you have the body you always wanted? You may not know the real secrets of strength training and the magic of dumbbells. Judith Sherman-Wolin, exercise specialist at the UCLA Center for Nutrition, has developed a fast and easy dumbbell program that you can do at home and set up for less than it costs to go to a gym every month. You won't look like Arnold Schwarzenegger (who wants to anyway?) but you will watch your butt shrink, your abs flatten, and your arm muscles lengthen and firm. Say "hello" to your bikini and all those sleeveless tops you dreaded wearing when the weather got too hot to stay covered.

All you need is the motivation, and this book will keep you psyched. In **Smart Girls Do Dumbbells** you'll learn:

- the complete 30-minute, 30-day, 30-way, start-to-finish program
- how to melt away those stubborn pounds you've been trying to lose your entire adult life
- how you can shape a body that burns more calories, even while you're plopped on the couch
- inexpensive ways to build your own dumbbell gym
- Judith's bonus ab-flattening recipes

Work out smarter, not harder. All it takes is 30 minutes for a leaner, healthier, sexier body!

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From reader reviews:

June Edwards:

The knowledge that you get from Smart Girls Do Dumbbells is a more deep you looking the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to comprehend but Smart Girls Do Dumbbells giving you thrill feeling of reading. The writer conveys their point in particular way that can be understood by anyone who read it because the author of this e-book is well-known enough. This particular book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go along with you, both in printed or e-book style are available. We suggest you for having this specific Smart Girls Do Dumbbells instantly.

Valerie Little:

Hey guys, do you really wants to finds a new book to see? May be the book with the headline Smart Girls Do Dumbbells suitable to you? The actual book was written by renowned writer in this era. Typically the book untitled Smart Girls Do Dumbbells is the one of several books which everyone read now. This particular book was inspired lots of people in the world. When you read this reserve you will enter the new age that you ever know ahead of. The author explained their thought in the simple way, consequently all of people can easily to be aware of the core of this reserve. This book will give you a wide range of information about this world now. In order to see the represented of the world on this book.

Gayle Anderson:

Reading a book tends to be new life style with this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Together with book everyone in this world could share their idea. Textbooks can also inspire a lot of people. Many author can inspire their particular reader with their story or their experience. Not only the storyline that share in the guides. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some investigation before they write on their book. One of them is this Smart Girls Do Dumbbells.

Joseph Cosgrove:

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Smart Girls Do Dumbbells, it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

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