



Toning for Teens: The 20 Minute Workout That Makes You Look Good and Feel Great

By Joyce L. Vedral

Warner Books (NY). Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 10.7in. x 8.3in. x 0.6in. Flat Abs. Tight Butt. Lean Thighs. Kickass Attitude. Get One Great Body! Have you been looking in the mirror and thinking, I hate my. . . I cant stand those. . . I have to hide my. . . Do you want to feel strong and confident in whatever you wear, from jeans to a halter top No matter what shape youre in now-star athlete or gym class wallflower, string bean, jelly belly, or chunky monkey-you can be fit and fabulous, safely and without starving yourself. Americas 1 Fitness Expert, Joyce Vedral, has helped thousands of teens create their best body. Her foolproof techniques are designed to produce a tight, toned, dynamite figure-and you can start using them right now! The secret is not dieting obsessively. It is working out with Joyces special toning program and eating right. In fact, with Joyces daily food plan, you will probably eat more than you do now-but lose fat from the first day. And her 20-minute workout with weights is not only fun, but gives you visible results fast! With her program, you can: Get a better body...



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