



Lovely Legs

By Anita Bean

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Lovely Legs, Anita Bean, Easy-to-use, practical and packed with tips and advice, this full-colour guide gives you all the information you need to tone your legs, burn fat and banish cellulite, whether you are new to exercise or are just looking for a quick way to get shapely legs. It includes exercises to work out the leg muscles, circulation boosters to beat cellulite, fat-burning techniques, nutritional advice and tips on getting and staying motivated. All these elements are then brought together in six weekly workout programmes, complete with a workout log so you can keep track of your progress. Then, once you have the perfect legs, this essential handbook provides a maintenance programme so you can keep them looking great. For people who want real results, fast.



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