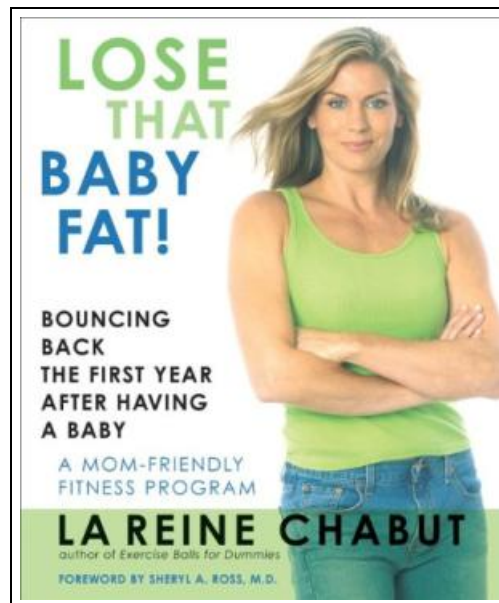


Lose That Baby Fat!: Bouncing Back the First Year After Having a Baby-A Mom Friendly Fitness Program (Paperback)



Filesize: 4.88 MB

Reviews

Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

(Dr. Hazel Ziemann IV)

LOSE THAT BABY FAT!: BOUNCING BACK THE FIRST YEAR AFTER HAVING A BABY-A MOM FRIENDLY FITNESS PROGRAM (PAPERBACK)



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ROWMAN LITTLEFIELD, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. Lose That Baby Fat! is a reality-based fitness program and practical guide for the average woman who is trying to shed unwanted pounds the first year after having a baby. Written in a comprehensive, month-by-month format, Lose That Baby Fat! will provide new moms with a series of fitness benchmarks for the entire first year postpartum. Each chapter begins with a detailed list informing Mom of what she can expect her body to look and feel like each month and also includes several 10-minute workouts, each highlighting a different body part, that even the busiest new mom can fit into her schedule. The exercises are also designed so that they can be varied in intensity and duration as Mom gains strength, flexibility, and endurance after the arrival of her little one.

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