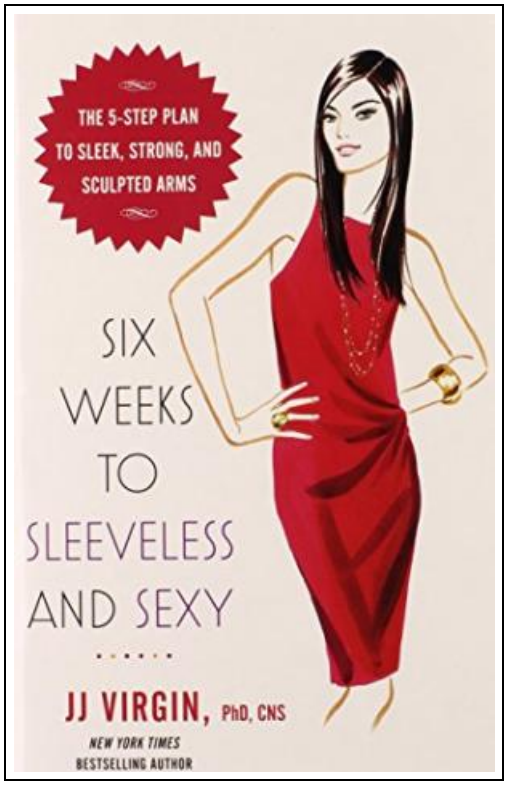
Six Weeks to Sleeveless and Sexy: The 5-Step Plan to Sleek, Strong and Sculpted Arms



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).
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SIX WEEKS TO SLEEVELESS AND SEXY: THE 5-STEP PLAN TO SLEEK, STRONG AND SCULPTED ARMS

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Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Six Weeks to Sleeveless and Sexy: The 5-Step Plan to Sleek, Strong and Sculpted Arms, J. J. Virgin, When Michelle Obama posed for her official portrait she was already breaking new ground as the first African American First Lady. But there was something else revolutionary - she wore a sleeveless dress. Michelle's arms are sleek, strong and toned, and all over the news. And now women want to emulate her. In Six Weeks to Sleeveless and Sexy, celebrity trainer JJ Virgin offers simple workouts that only take twenty minutes, three times a week, and will sculpt your arms to perfection. With exercises that can be done in the comfort of your home and don't require expensive or hard-to-use equipment, JJ will give women sleek, toned arms while not turning them into the Incredible She-Hulk. And in addition, readers will learn how to attain better health and a more active lifestyle. After all, pumping weights isn't the only way to fit arms - it also requires healthy eating, de-stressing and knowledge of how your body works. JJ knows what it's like to be a woman wary of exposing her arms. She has seen women break down in tears worrying about showing flab on their wedding day. She knows that arms can be signs of strength and power, but also of shame and regret. Six Weeks to Sleeveless and Sexy has attitude, charm and a can-do spirit that will give you the right to bare arms!.

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