



Tracy Anderson s 30-Day Method: The Weight-Loss Kick-Start That Makes Perfection Possible (Mixed media product)

By Tracy Anderson

Time Warner Trade Publishing, United States, 2010. Mixed media product. Book Condition: New. 241 x 190 mm. Language: English . Brand New Book. Did you know muscles get bored, just like people do? And did you also know that there s a 9 out of 10 chance that you re working the wrong muscles when you exercise? With TRACY ANDERSON S 30-DAY METHOD you don t have to worry--her unique workout will help you drop the weight and shrink your body in just 30 days. Based on ten years of scientific research and experience getting not just herself, but A-list stars and everyday people, red carpet ready, Anderson has developed a unique 30-day diet and workout routine that reshapes the body and defies genetics to tone the muscles and drop the pounds. While most people incorrectly target their major muscle groups, like the bicep or hamstring, the focus should be on the smaller accessory muscles that can create a long, lean, balanced look--instead of bulked up look. Anderson s program is composed of a groundbreaking three-tiered approach, including a mat workout and cardio routine targeting the all-important accessory muscles, and an exclusive 30-day meal plan, complete with dozens of delicious...



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