

# Good Housekeeping

**UPPER BODY/STOMACH & ARMS**

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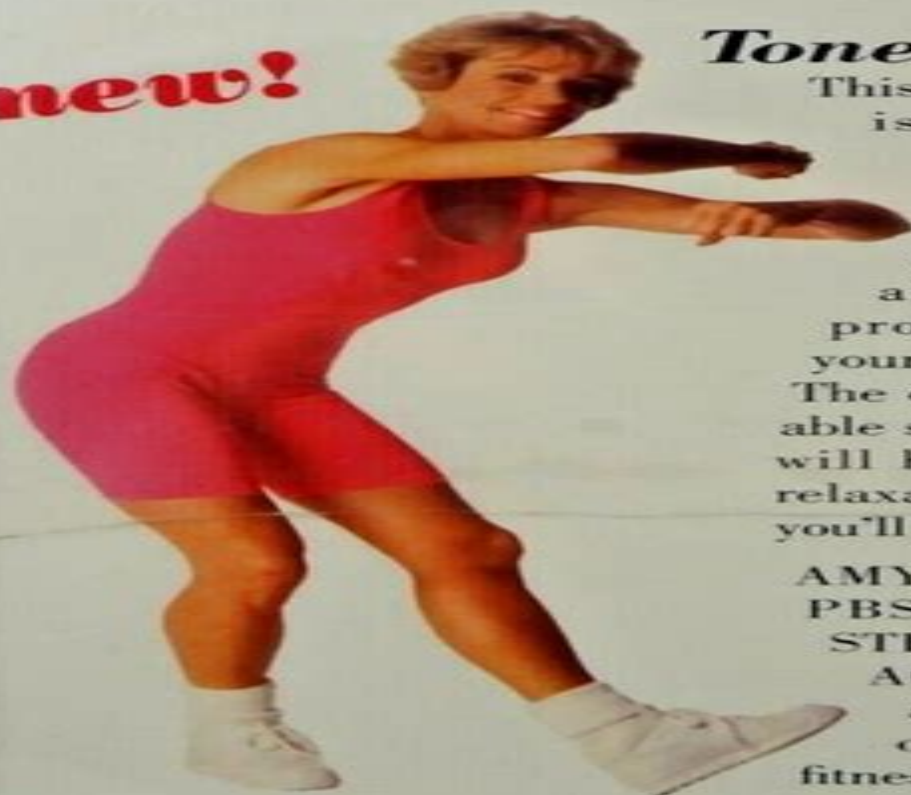
**new!**

## Tone-Up

This easy and effective program is designed to firm those upper body areas that lose their tone the fastest. See new definition in your arms, shoulders, waist and abdomen. Strengthen and protect your back, enhance your bustline.

The exercises are easy. An enjoyable series of stretches at the end will help prevent soreness, aid relaxation. It's sensible, safe and you'll be thrilled with the results!

AMY ESTERHAY is the star of PBS's long-running HOME-STRETCH series. Certified by ACE, she has been teaching aerobics to instructors for over 12 years and has several fitness videos to her credit.



Be sure to try all the **Good Housekeeping** workouts!  
**LOWER BODY/THIGHS & BUTTOCKS Tone-Up**  
**EAT BURNING & TONING—Beg./Int.**  
**LOW IMPACT WORKOUT—Beginners**

\*Remember, a low-calorie, low-fat diet is also an essential part of any weight-loss program.

Consult your physician before beginning this, or any, exercise program.

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Approx. Running Time: 40 Minutes • Color

# Good Housekeeping Upper Body Stomach And Arms Toneup

**Jiyuan Zhang**



**Good Housekeeping Upper Body Stomach And Arms Toneup:**

## Enjoying the Song of Appearance: An Mental Symphony within **Good Housekeeping Upper Body Stomach And Arms Toneup**

In a global consumed by monitors and the ceaseless chatter of instant interaction, the melodic beauty and emotional symphony produced by the prepared word frequently diminish in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. But, set within the pages of **Good Housekeeping Upper Body Stomach And Arms Toneup** a charming literary treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this interesting masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths with this emotional review, we will investigate the book is main harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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