

Good Housekeeping

UPPER BODY/STOMACH & ARMS

ISBN: 1-56627-050-2



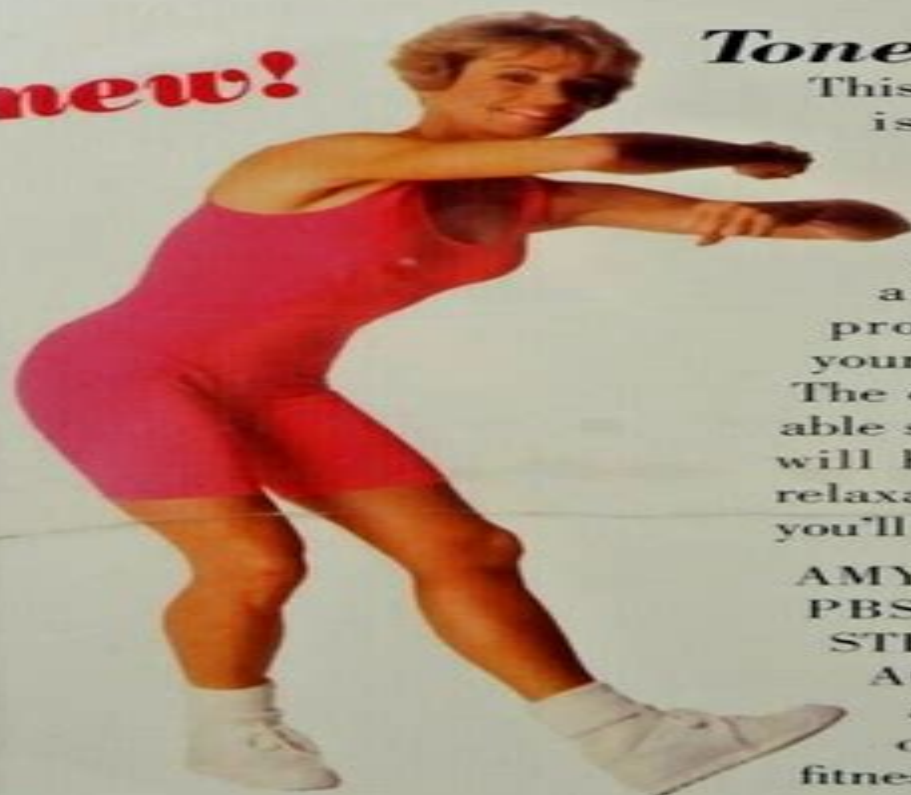
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AMY ESTERHAY is the star of PBS's long-running HOME-STRETCH series. Certified by ACE, she has been teaching aerobics to instructors for over 12 years and has several fitness videos to her credit.



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Approx. Running Time: 40 Minutes • Color

Good Housekeeping Upper Body Stomach And Arms Toneup

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In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Good Housekeeping Upper Body Stomach And Arms Toneup**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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