

Good Housekeeping

UPPER BODY/STOMACH & ARMS

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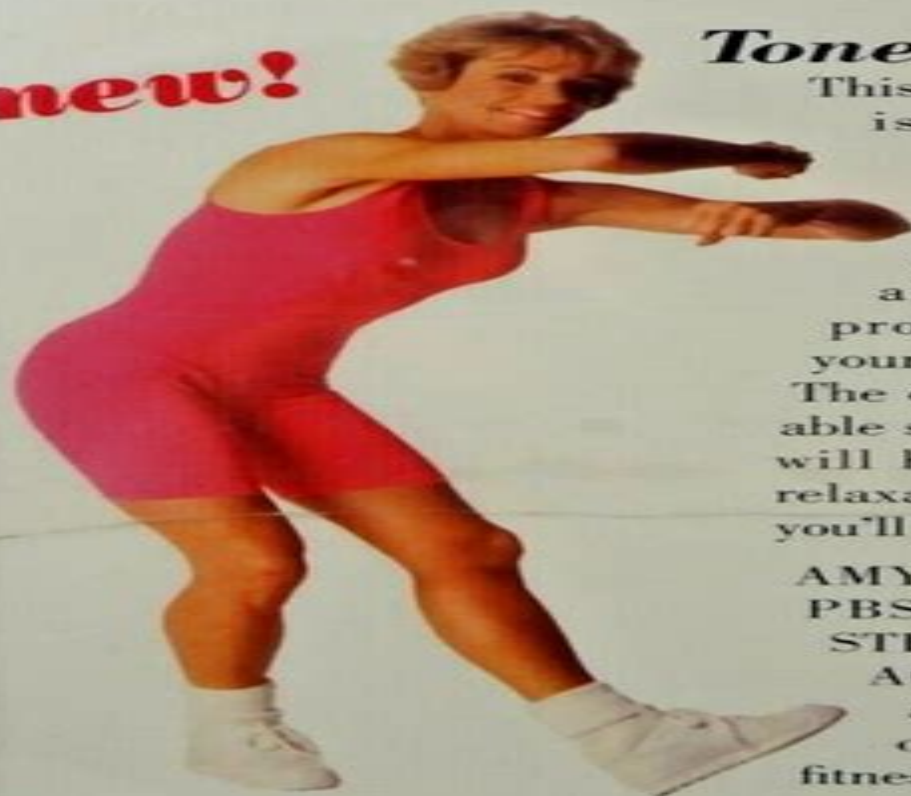
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Tone-Up

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

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