

Good Housekeeping

UPPER BODY/STOMACH & ARMS

ISBN: 1-56627-050-2



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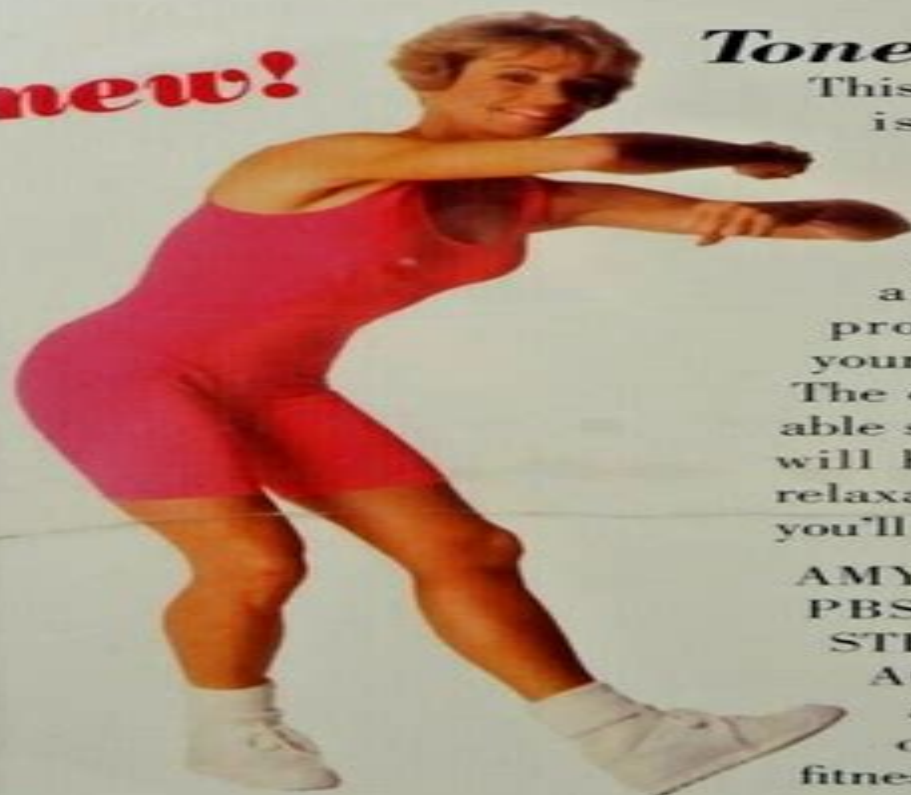
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Tone-Up

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

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The Enigmatic Realm of **Good Housekeeping Upper Body Stomach And Arms Toneup**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Good Housekeeping Upper Body Stomach And Arms Toneup** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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