

Good Housekeeping

UPPER BODY/STOMACH & ARMS

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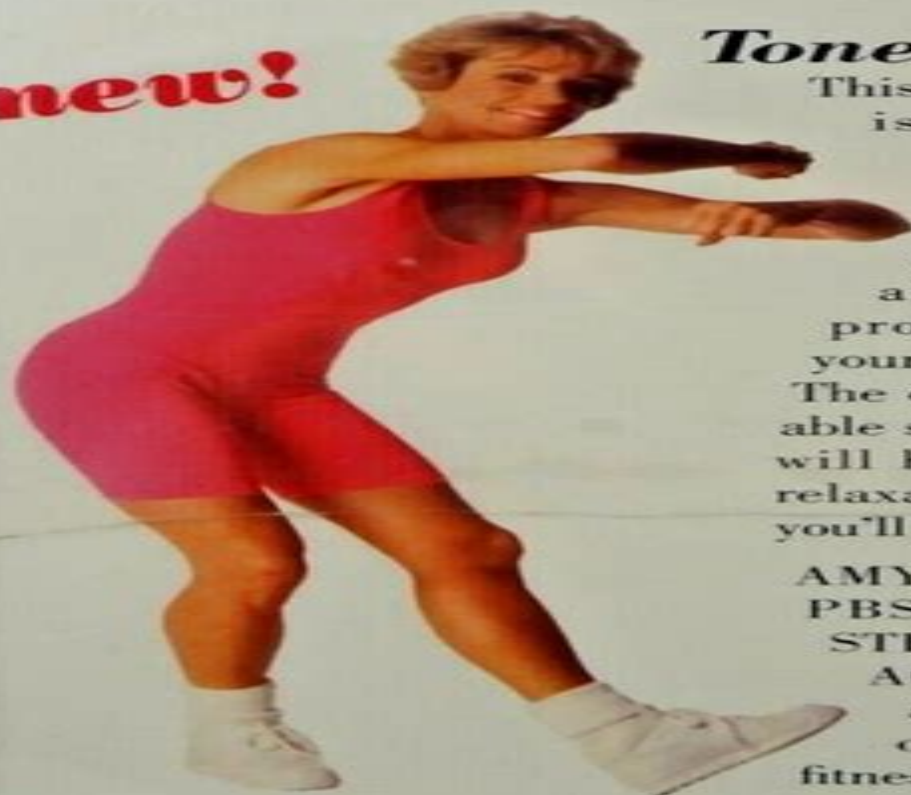
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AMY ESTERHAY is the star of PBS's long-running HOME-STRETCH series. Certified by ACE, she has been teaching aerobics to instructors for over 12 years and has several fitness videos to her credit.



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

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Good Housekeeping Upper Body Stomach And Arms Toneup

RM Cervero



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