



Six Weeks to Sleeveless and Sexy: The 5-Step Plan to Sleek, Strong and Sculpted Arms

By J. J. Virgin

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Six Weeks to Sleeveless and Sexy: The 5-Step Plan to Sleek, Strong and Sculpted Arms, J. J. Virgin, When Michelle Obama posed for her official portrait she was already breaking new ground as the first African American First Lady. But there was something else revolutionary - she wore a sleeveless dress. Michelle's arms are sleek, strong and toned, and all over the news. And now women want to emulate her. In Six Weeks to Sleeveless and Sexy, celebrity trainer JJ Virgin offers simple workouts that only take twenty minutes, three times a week, and will sculpt your arms to perfection. With exercises that can be done in the comfort of your home and don't require expensive or hard-to-use equipment, JJ will give women sleek, toned arms while not turning them into the Incredible She-Hulk. And in addition, readers will learn how to attain better health and a more active lifestyle. After all, pumping weights isn't the only way to fit arms - it also requires healthy eating, de-stressing and knowledge of how your body works. JJ knows what it's like to be a woman wary of exposing her arms. She has...



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Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

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