



Tamilee Webb's Original Rubber Band Workout (Book and Rubber Band)

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Discover 50 fabulous, sculpting exercises for the upper and lower body with all the equipment you need to perform them: two safe, portable giant rubber bands-"a gym in a pocket."

Illustrated with clear, step-by-step photographs, the exercises in this book trim thighs and buttocks; strengthens backs, arms, and shoulders; streamlines calves, smoothes midriffs and hips. Because muscles work twice as hard as they would without the band, results are visible after only three weeks of working out for as little as ten minutes a day.

Complete with health and diet tips, exercise variations, and five complete workouts-including a beginner's program, a ten-minute program, and an advanced program--*The Rubber Band Workout* is the perfect, affordable solution for people who want a great body but have little time to spend getting it.



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Haley Berg:

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