



## Buff Brides (Paperback)

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By Sue Fleming

Random House USA Inc, United States, 2003. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. From dumbbells to wedding bells . . . Whether you have six months or just six weeks until your wedding day, Buff Brides is an invaluable must-have for every bride-to-be. Buff Brides is a comprehensive, fully illustrated fitness book by a New York City personal trainer who has helped hundreds of brides get into shape over the past decade. Providing clear, concise instructions and photographs for each exercise, Sue Fleming knows what brides want the most. From toned triceps for sleeveless dresses to flat abs for the honeymoon bikini, Buff Brides provides results. Why Buff Brides? Well, are you - Running out of time? Buff Brides features a 12-week crash course as well as the 24-week optimal program that works for any body type! - Short on space? No need to panic-- all of these exercises can be done right in your own home, with minimal equipment. - Stressing out? Helpful stress-relieving stretches will calm your pre-wedding jitters! - Having sleeveless-dress anxiety? Easy-to-follow exercises will show you how to tone your arms and make your back look fabulous! -...



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