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Body by Simone: The 8-Week Total Body Makeover Plan (Hardback)

By Simone De La Rue

Harper Wave, United States, 2014. Hardback. Book Condition: New. 246 x 201 mm. Language: English . Brand New Book. What do the hottest bodies in Hollywood have in common? The secret is in your hands. We see them in films and magazines in show-stopping red carpet gowns during every awards season. They are the ageless, confident, athletic women of Hollywood we all aspire to look like. Now you can have access to the secret weapon used by actresses like Naomi Watts and Anne Hathaway: the workouts of Simone De La Rue. Simone, a former dancer with a stage career that spanned more than two decades, is the creator of Body By Simone, a fitness program that's winning over the women of New York and Los Angeles who flock to her sold-out classes. Now, in her first book, she makes her exclusive workout regimen available to everyone, everywhere. Her 8-week plan offers a road map to total body transformation. From her unique strength-training moves that target multiple muscle groups at once, focusing on areas like the hips, buns, and thighs for maximum burn, to her fun and fast-paced dance-cardio routines, there are workouts for every fitness level. Whether you're looking to lose...



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Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

-- Eileen Kling I

This is basically the finest publication I actually have gone through till now. We have read and I also am confident that I am going to likely read through again once more in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Adell Lubowitz