

Are You Ready To Rev Your Workout Routine Into High Gear? No Gyms Or Expensive Equipment Are Required To Create A Sexy, Sculpted Body! Author and fitness guru Julie Schoen moves you through the 30 best medicine ball exercises to help you sweat more and workout more effectively, meaning you can create a killer body right in the comfort of your own home. Designed to tone your entire body from head to toe, these medicine ball workouts will keep your exercise routine fresh and the time you put in totally worth it. Schoen's total package 10, 20, and 30-minute medicine ball workout plans mean that no matter how crazy your day gets, you won't have any excuse for not breaking a sweat. Even just 10 minutes, 5 times a week can get you amazing results. After having a baby less than a year ago, Schoen is living proof that these workouts really do work. Get In Shape is filled with step-by-step, detailed instructions and how-to photos so that you spend your time sweating, not studying. Discover The 30 Most Effective Medicine Ball Exercises To: \* Sculpt Sexy Legs\* Create A Strong, Defined Back\* Perk Up Your Posterior\* Build Rock-Solid Abs\* Lose The Jiggle In All Of Those Unwanted Places! Working out shouldn't be expensive and it should never be a waste of time! Buy this edition of Get In Shape today and fall in love with your body all over again! BONUS! Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

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