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Joyce L. Vedral

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Weight Training Made Easy Joyce L. Vedral, 1997-11-01 Dr Joyce Vedral one of America's leading fitness experts offers an easy to follow guide to weight training The book is intended for beginners of any age of weight Weight Training Made Easy Joyce L Vedral, PH D, Joyce Vedral, 1997-12 Toning for Teens Joyce L. Vedral, 2008-12-14 Fitness expert Joyce Vedral gives weight loss and fitness advice tailored for teens Flat Abs Tight Butt Lean Thighs Kickass Attitude Get One Great Body Have you been looking in the mirror and thinking I hate my I can t stand those I have to hide my Do you want to feel strong and confident in whatever you wear from jeans to a halter top No matter what shape you re in now star athlete or gym class wallflower string bean jelly belly or chunky monkey you can be fit and fabulous safely and without starving yourself America s 1 Fitness Expert Joyce Vedral has helped thousands of teens create their best body Her foolproof techniques are designed to produce a tight toned dynamite figure and you can start using them right now The secret is not dieting obsessively It is working out with Joyce's special toning program and eating right In fact with Joyce's daily food plan you will probably eat more than you do now but lose fat from the first day And her 20 minute workout with weights is not only fun but gives you visible results fast With her program you can Get a better body in just 3 weeks and a terrific body in just 12 weeks Develop a figure that s firm and toned instead of soft and flabby Burn fat even in your sleep Get rid of cellulite Go down a dress size every 3 weeks if you are overweight Boost metabolism so you can eat more without getting fat Build exciting new strength balance and stamina but no bulky muscles Increase self discipline to promote success in all areas of your life

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