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## The 15 Best Arm Toning Exercises for Women [Illustrated]: 30 Days to Firmer, Toned Sexy Arms (Paperback)

By Rachel Howe

Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 250 x 198 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Say Bye, Bye to Flabby Arms and Hello to Sleeveless Tops Do you wish you had slim, toned arms that looked great in any sleeveless attire? If you said yes, then you need Rachel Howe s arm toning book. She has put together 15 exercises designed to target the muscles located in your arms. This means when you implement her workout into your exercise routine you will think you went back in time. No more sloping shoulders. No more bird arms. Be prepared for younger looking arms that are prepared for any outfit. Get the arm definition you have always dreamed about. You will be finding excuses just to show off your new found arms. How Will This Book Transform My Arms? This book has 15 exercises put together to directly work on your arms. Howe has given you a combination of extensions, kickbacks, dips, push-ups, presses, raises, curls, and row exercises to cover all areas of the arm including the shoulders. These are primarily focused to directly target your. Biceps: These are the muscles located on...



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