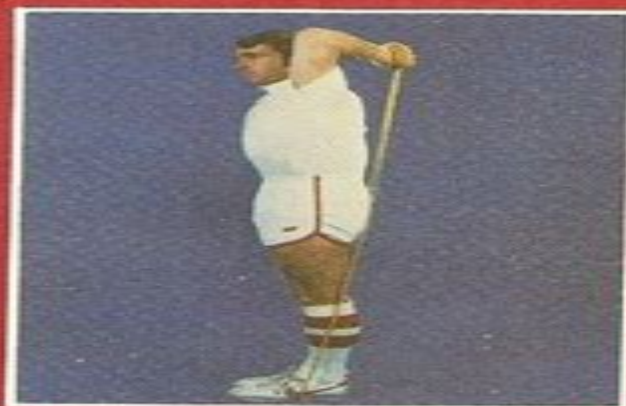


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The Thin in 10 Weight-Loss Plan Jessica Smith,Liz Neporent,2012-10-01 Best selling exercise DVD star and certified fitness and lifestyle expert Jessica Smith along with award winning health and fitness writer Liz Neporent break down weight loss into 10 minute easy to follow workouts that fit your busy schedule Step by step photos and instructions along with an exciting fast paced DVD with six 10 minute workouts make this a simple fun and sustainable program for anyone whether you re just starting out or have been at it for a while The Thin In 10 Weight Loss Plan proves once and for all that you have time to work out Getting fit feeling good and losing weight doesn t mean laboring for hours in a gym or spending hundreds of dollars on bulky high tech equipment High and low intensity fat burning and muscle building exercises along with healthful easy and quick recipes numerous tips and tricks to burning more calories throughout the day make this the essential fitness and weight loss kit This edition does not contain the bonus DVD video that s included with the paperback version of the book

Ten Minute Total Shape Up Program Outlet,Outlet Book Company Staff,Random House Value Publishing Staff,Rh Value Publishing,1983-11 **Get Rich Quick** Peter Doyle,2012-06-12 Meet Billy Glasheen a fresh voice in crime fiction It s Sydney the 1950s and Billy s trying to make a living any way he can Luckily he s a likeable guy with a gift for masterminding elaborate scenarios whether it s a gambling scam transporting a fortune in stolen jewels or keeping the wheels greased during a hair raising tour by Little Richard and his rock n roll entourage But trouble follows close behind because Billy s schemes always seem to interfere with the plans of Sydney s big players an unholy trinity of crooks bent cops and politicians on the make Suddenly he s in the frame for murder and on the run from the police who ll happily send him down for it Billy s no sleuth but there s nowhere to turn for help To prove it wasn t him he ll have to find the real killer Set in Sydney in the period following World War II Doyle s novels featuring the irresistible Billy Glasheen brilliantly explore the criminal underworld high level political corruption and the postwar explosion of sex drugs and rock n roll **Classic Anatomy**

Bodybuilding Steve Speyrer,2015-07-04 The Classic Anatomy Gym is where you had to go to get the benefit of Steve Speyrer s training wisdom Until now From his renowned gym Steve trained many students successfully for bodybuilding powerlifting sports or just fitness and personal improvement Everyone of course can t make it to his gym but with this book Steve shares his unique and highly successful methods on training and nutrition A successful natural bodybuilder himself Steve spent years learning what works and doesn t for him and for others He s developed some of the most innovative and

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