



Firm Abs Flat Stomach: In Only 30 Days

Anne-Marie Millard

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Get the body you've always wanted in just 30 days! With this fully illustrated day-by-day program, you can get a flat stomach, lose inches, and feel great. Designed for people of all levels of fitness, this fast and effective method consists of routines that will fit into even the busiest lifestyle. Begin by assessing your shape and goals, and calculate your personal daily caloric intake. Guidelines for healthy eating help you adjust your diet to the program and for life. Burn calories and tone muscles with progressively more challenging workouts that alternate between aerobic and resistance exercises. A maintenance program enables you to keep your fabulous new shape, and pre- and post-natal plans help you regain your figure after pregnancy.

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