



# **Hard Bodies Express Workout**

Gladys Portugues

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## **Hard Bodies Express Workout**

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The authors of Hard Bodies team up again to show busy women how they can achieve a perfectly firm, toned and gorgeously shaped body in just two workout sessions a week. Through the pyramid technique-increasing weights while decreasing number of repetitions--women can shape a perfect body at home or at the gym. Color photos. Size D. Original.



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