



# **The Ultimate Body Shaping Bible: Get in the Best Shape of Your Life with Targeted Workouts That Tone and Tighten Everything**

*Karon Karter*

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## **The Ultimate Body Shaping Bible: Get in the Best Shape of Your Life with Targeted Workouts That Tone and Tighten Everything** Karon Karter

Your get-gorgeous encyclopedia packed with 300 step-by-step photos! Drawing from several fitness approaches, including cardio, Pilates, yoga, free weights, and interval and strength training, veteran fitness trainer Karon Karter will get your body in the best shape it can be. Karter gives readers the fastest solutions for every body issue they face, from saggy butts to slack arms, by offering an incredible range of exercises that fit every need. *The Ultimate Body Shaping Bible* provides several workouts for each body area that can be chosen by fitness level (beginner, intermediate, advanced) and done in minutes. Each workout includes several exercises designed to hit a specific area to get maximum results fast. Also includes efficient, heart-pumping cardio sessions to get your excess fat burned off quickly.

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