



Escape Your Shape: How to Work Out Smarter, Not Harder

Edward J. Jackowski

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The Individualized Fitness Prescription for Your Body Type

Do you wonder why the latest fitness fad doesn't work for you? Have you lifted weights for months, dreaming of toned, defined muscles, with no results? Have you exercised regularly for months -- or even years -- without seeing any changes in your body? If you answered yes to any of these questions, chances are your exercise routine is incomplete and wrong for your body type.

Everyone -- men and women alike -- has a natural shape:

Hourglass® Spoon® Ruler® Cone®

And there's a right and a wrong way to exercise for each. By exercising right for your body type you'll finally see stubborn problem areas start to change in a matter of weeks -- the kind of change that will motivate you to continue until you meet your goals and beyond.

You don't need to buy expensive equipment or devote hours a day to this program. Whether you're twenty-two or seventy-two, a regular at the gym or making a serious commitment to exercise for the first time in your life, the man *Fit* magazine calls the "Shape Master" puts the most important tool for success in your hands: a detailed step-by-step workout for your body type that you can perform anywhere. With consistent workouts fueled by quantifiable results, you will dramatically change your body for the better and for the rest of your life.

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Is it a person who having spare time in that case spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This Escape Your Shape: How to Work Out Smarter, Not Harder can be the solution, oh how comes? A book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

Alice Rodriguez:

In this particular era which is the greater individual or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top list in your reading list will be Escape Your Shape: How to Work Out Smarter, Not Harder. This book which is qualified as The Hungry Hillside can get you closer in turning out to be precious person. By looking upwards and review this publication you can get many advantages.

Trudy Clark:

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Karen Huff:

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