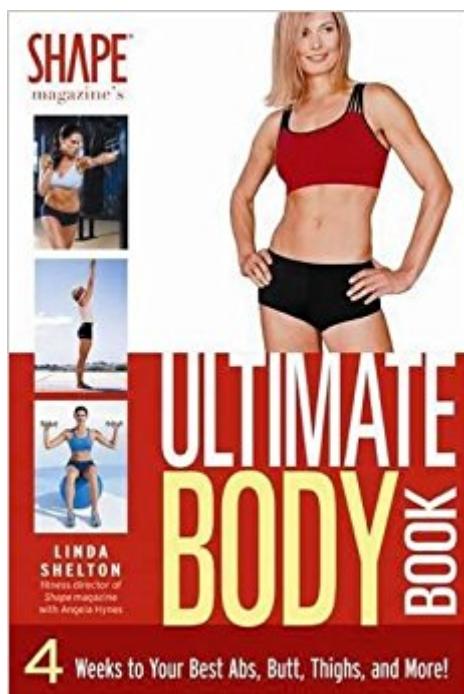


The book was found

The Ultimate Body Book: 4 Weeks To Your Best Abs, Butt, Thighs, And More!



Synopsis

From America's #1 women's fitness magazine, boasting six million readers each issue, comes Shape magazine's Ultimate Body Book, the follow-up to the bestseller, Shape Your Life. Linda Shelton, the magazine's fitness director, put you on the road to living your best life; now she's showing you how to achieve your best body the Shape way. This means getting lean and toned, having maximum energy, and possessing the head-to-toe confidence that comes from knowing you're at your personal peak of fitness, health, and well-being.

Book Information

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Customer Reviews

Linda Shelton has served as the fitness director for Shape magazine for 21 years, and she also oversees the fitness sections for Fit Pregnancy and Natural Health magazines. She's an internationally recognized fitness trainer, lecturer, and health writer, with 35 years of teaching experience in the exercise field. A frequent guest on television and radio talk shows, Linda has appeared on programs including Good Morning America, E! Entertainment, and Inside Edition. Angela Hynes is a freelance writer and editor specializing in health and fitness. She's the co-author of Shape Your Life (with Barbara Harris), a regular contributor to Shape, and a contributing editor to Natural Health magazine. Her work has also appeared in numerous other national and international publications.

The pictures are clear, each exercise is demonstrated. A nice feature of this book is the "ultimate word" in each chapter which is basically like "if you remember nothing else..." paragraph. Chapter 13 is on "Clean Eating", which has favorite foods replacements in chart format. I have swapped, for example, the brown rice for white and I have tried the whole wheat pasta (although, this is more palatable with half regular half whole wheat). All in all, an excellent training guide that includes a complete "at home" workout.

I think the '4wks' in the title is more of a sales pitch but there ARE 4wk plans and there ARE many many simple workouts that can be done both at home and the gym. (More home than gym). I just dont think the '4wks' plan is the main focus of this book. (For a serious 4wk plan ONLY, I would recommend 28-day Body Shapeover by Brad Schoenfeld available here at)But this book really IS an ULTIMATE reference and includes 2-[part instructional (color) pictures of each exercise too. In addition to targeted area workouts, it covers (pretty well) every exercise discipline I've ever heard of (from yoga/pilates to weights including medicine balls) and gives a decent workout (or 2) for each including beg/interm/adv levels. Great for when you want to 'mix it up' and want some inspiration or just want to try something new and want a quick read on the basics. Also includes a section towards the end about eating right (with some good sounding recipes) but of course you would expect that. Very comprehensive. Like they took all the workout articles from Shape mag and condensed them into the best of the best. Not a thin book but the overall size is nice. The paperback is printed on very nice quality stock. Visually appealing. (Thank the classy HayHouse publishing for that). Kinda bulky and small print for dragging to the gym but should fit on a copy machine if you need a workout plan to refer to. I bought (new) paperback thru an vendor here for an amazing price. Definitely recommend even if just for reference. Should mention that the book is from 2005 but does not seem dated at all.

I purchased the Kindle book, and it has these pictures of pages, where the writing is so tiny you cannot read it, and enlarging does not change the font. So I feel like I have to buy the book again, in hardcover/paperback. So don't waste your money on the Kindle version. Otherwise, the book seems great. Simple and easy to follow.

I checked this book out of the library - liked so many of the workouts - which I could do at home - that I immediately got on and ordered the book. I like anything that I can do from home and I want to be able to throw "extras" in - shock my body. I'm sore today from the workouts I did yesterday -

there is a difference between sore and hurting/pain. I'm sore because I did it right and worked the correct muscles. It's a feel good sore and totally worth it! The reason I gave it 4 stars is - it's a small book so holding it open with something heavy while working out is a pain - I'd prefer it be spiral bound - I'd prefer all my workout books to be spiral so I can drop them open on the floor or a table while I follow them.

Love this book! A little old, copyright 2005, but a wonderful workout tool still! Very happy I bought it & have already referenced it several times--plus a fun read.

I wish I got this book from the very beginning. It comes with a comprehensive list of exercise routines and programs. It's also peppered with relevant information throughout- from general fitness to how to do an exercise routine better. It even has a recipe section that I'm looking forward to trying out. I was going to take off one star for the lack of an Index section, but that's just nitpicking.

It is hard to come up with something new & different, this is a good basic fitness book. Average book on exercise and technique. Nothing really new & different.

This book contains easy to understand information for all fitness levels. The running program in particular is well devised and delivers what it promises. All of the information is useful and current, it's like having a years subscription to a fitness magazine rolled into the one book. Excellent product.

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