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The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever created, this makeover manual is a body-shaping power tool for both beginners and longtime fitness buffs alike.

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The Women's Health Big Book of Abs special features include: - A delicious, easy-to-follow diet that includes satisfying carbs! - A special section on the best pre- and post-pregnancy workouts. - Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body!

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Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs and The Women's Health Big Book of Abs by Adam Bornstein and the editors of Women's Health is the ultimate guide to a leaner, fitter, sexier body-starting with your core.