



Smart Girls Do Dumbbells

Judith Sherman-Wolin

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You've probably been dieting and exercising—or trying to—your entire life. You lose the weight; you gain it back. Or you lose most of the weight, but can't get those last stubborn 5 to 10 pounds to budge an inch. Or you exercise like mad, but still, the butt's a little saggy, the arm's a little flabby, and the belly's a little droopy. Why don't you have the body you always wanted? You may not know the real secrets of strength training and the magic of dumbbells. Judith Sherman-Wolin, exercise specialist at the UCLA Center for Nutrition, has developed a fast and easy dumbbell program that you can do at home and set up for less than it costs to go to a gym every month. You won't look like Arnold Schwarzenegger (who wants to anyway?) but you will watch your butt shrink, your abs flatten, and your arm muscles lengthen and firm. Say "hello" to your bikini and all those sleeveless tops you dreaded wearing when the weather got too hot to stay covered.

All you need is the motivation, and this book will keep you psyched. In **Smart Girls Do Dumbbells** you'll learn:

- the complete 30-minute, 30-day, 30-way, start-to-finish program
- how to melt away those stubborn pounds you've been trying to lose your entire adult life
- how you can shape a body that burns more calories, even while you're plopped on the couch
- inexpensive ways to build your own dumbbell gym
- Judith's bonus ab-flattening recipes

Work out smarter, not harder. All it takes is 30 minutes for a leaner, healthier, sexier body!

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From reader reviews:

Mary Sims:

Nowadays reading books be than want or need but also become a life style. This reading habit give you lot of advantages. Advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The info you get based on what kind of publication you read, if you want attract knowledge just go with education and learning books but if you want experience happy read one along with theme for entertaining for example comic or novel. Often the Smart Girls Do Dumbbells is kind of guide which is giving the reader unpredictable experience.

Benita Newton:

Reading can called imagination hangout, why? Because if you are reading a book especially book entitled Smart Girls Do Dumbbells your thoughts will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word written in a e-book then become one contact form conclusion and explanation in which maybe you never get prior to. The Smart Girls Do Dumbbells giving you one more experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary spending spare time activity?

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