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CosmoGIRL! Total Body Workout: Fun Moves To Look And Feel Your Best



Synopsis

Every CosmoGIRL! is on the quest for a workout thatâ€™s fun, effective, and just right for her—and sheâ€™ll find it in this great guide from her favorite magazine. With step-by-step photos throughout, it features a diverse selection of fitness plans devised by top trainers, prominent gym owners, and elite coaches. Sign up for Bathing Suit Bootcamp. Join the “Bod Squadâ€• for cheerleading routines created by the choreographer of the movie Bring it On. Have a blast dancing Reggaeton, Broadway style, or Bollywood Bhangra. Or train like the stars: these pages reveal how Jennifer Aniston, Jessica Alba, and Fergie got their super-toned arms, abs, and butts. Thereâ€™s even a stay-in-bed workout! Each exercise includes an explanation of which body part it strengthens and a quiz helps each reader find the workout that fits her personality. This way, sheâ€™ll be motivated to stay active on a regular basis, which will help her to look great. More importantly, sheâ€™ll have the energy to conquer all of her big dreams and goals—and thatâ€™s what being a CosmoGIRL! is all about.

Book Information

Series: Cosmo Girl

Paperback: 128 pages

Publisher: Hearst (January 1, 2008)

Language: English

ISBN-10: 1588166635

ASIN: B005FOHK22

Product Dimensions: 10 x 8 x 0.3 inches

Shipping Weight: 1 pounds

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Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Best Dance Moves in the World . . . Ever!: 100 New and Classic Moves and How to Bust Them Ask Cosmogirl! About Guys: All the Answers to Your Most Asked Questions About Love and Relationships How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Toning for Teens: The 20 Minute Workout That Makes You Look Good and Feel Great How to Catch the Huge Market Moves: How to Predict and Enter the Big Market Moves in Forex,Commodities and the Indices. Microsoft® Combat Flight Simulator 2: WW II Pacific Theater: Inside Moves (EU-Inside Moves) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever The Total Latin Guitarist: A Fun and Comprehensive Overview of Latin Guitar Playing , Book & CD (The Total Guitarist)

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