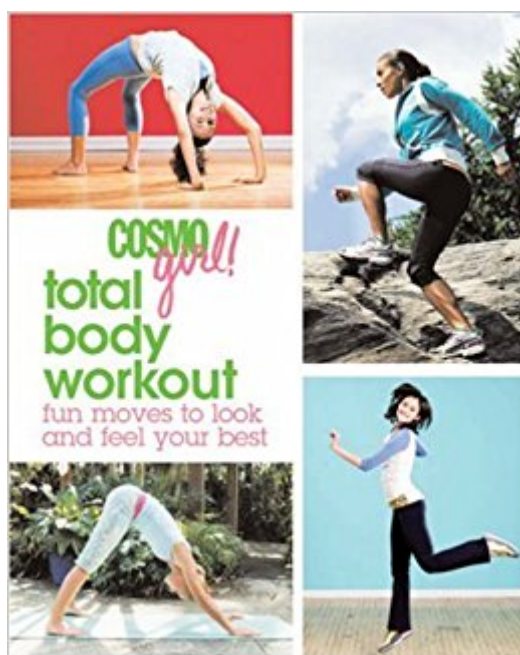




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CosmoGIRL! Total Body Workout: Fun Moves To Look And Feel Your Best



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

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