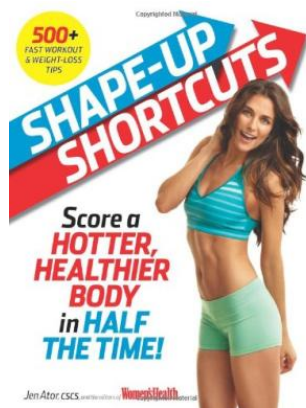


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SHAPE-UP SHORTCUTS



Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, Shape-up shortcuts, Jen Ator, Most women have enough "to-do's" on their list, and trying to be perfect about exercise and healthy eating isn't the answer to a rocking body. In fact, if a diet and fitness routine feels too strict or time-consuming, readers won't stick to them long term. The solution? Shape-Up Shortcuts, the ultimate collection of fitness and diet tips from Jen Ator, CSCS, and the editors of Women's Health....

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