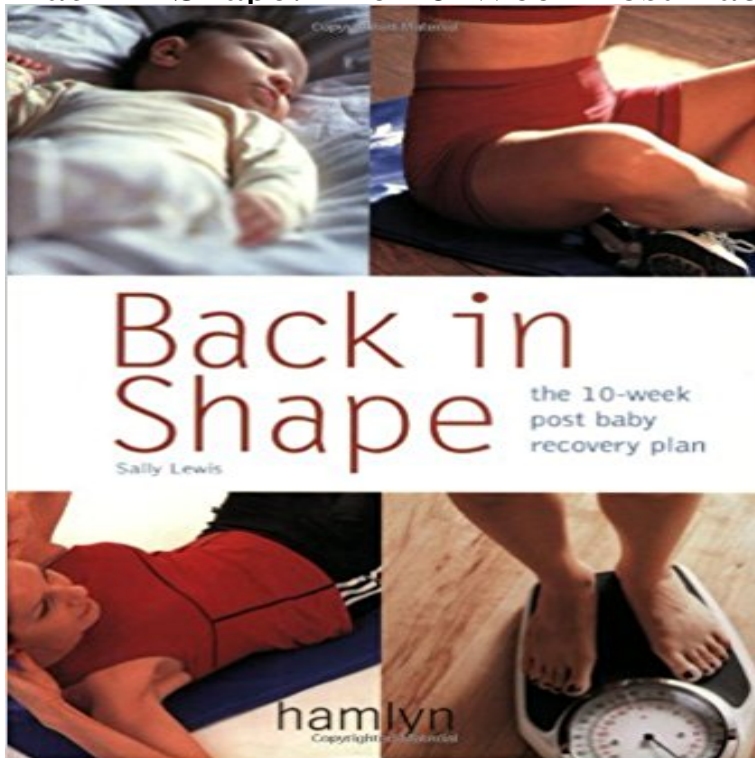


Back in Shape: The 10-Week Post Baby Recovery Plan



Lose the baby fat...fast. In just 10 weeks you can regain the figure and vitality you had before childbirth. Devised by an expert on post-natal fitness, the routines--all shown in easy-to-follow color photos--are formulated to fit both your and your infants schedule. Begin the path to fitness four weeks after giving birth with exercises targeted at particular problem areas and that take into account a new mothers weaknesses. For every day, theres a detailed, fully laid-out list of exercises, with the number of sets to do and the amount of time to spend doing them. Stay focused and motivated with the weekly progress chart and keep a good attitude by indulging in the daily suggestions for pampering massages, meditations, and other pleasures. Nutritional advice, beauty suggestions, and guidance for relieving common postnatal problems will soon have you feeling--and looking--better than ever.

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