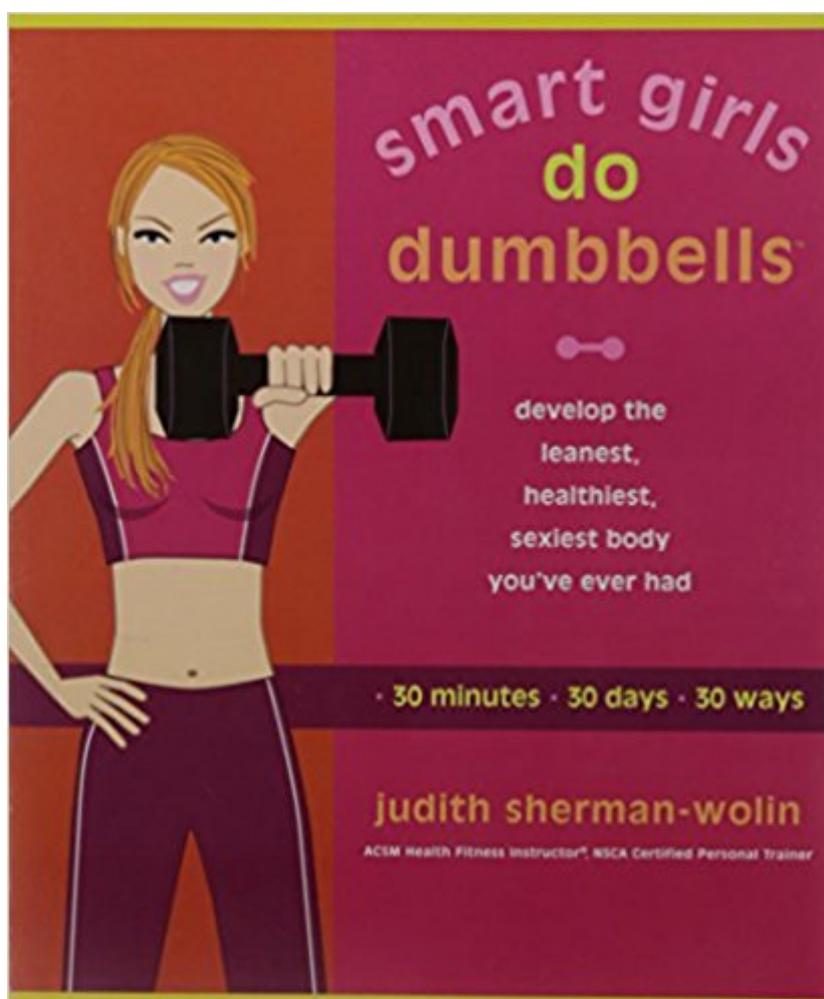


The book was found

# Smart Girls Do Dumbbells: 30 Minutes, 30 Days, 30 Ways -- Develop The Leanest, Healthiest, Sexiest Body You've Ever Had



## Synopsis

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!

## Book Information

Paperback: 240 pages

Publisher: Riverhead Books (April 6, 2004)

Language: English

ISBN-10: 1573223867

ISBN-13: 978-1573223867

Product Dimensions: 7.5 x 0.6 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #485,246 in Books (See Top 100 in Books) #158 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #626 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #1464 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Sensible approach, not very clear descriptions of the exercises. I appreciate the motivational style of

the book; the author stresses that some exercise each day will yield better results than doing nothing at all, and has designed a workout for people who can't spend hours at the gym. Her program suggests just one exercise per muscle group each day, alternating upper & lower, with different exercises on alternate days to balance the workout over the week. However, I find her descriptions of the exercises less than ideal if you don't already know the exercise. Consider the first exercise in the book, the Hamstring Hug. Her instructions say to lie on the floor and gently draw your knee toward your chest. Um, okay... I suppose it's common sense to straighten your leg to stretch the hamstring, but if you were new to stretching, would you know that? It really should have been mentioned. Or maybe she meant something else. Is it possible to get a good stretch on the hamstring by pulling your bent knee toward the chest? Could be, as she goes on to say that it's okay if you're not flexible enough to get your knee very close to your chest. On the other hand, maybe the reader was never supposed to bend the knee at all but pull straight up from the hip? This is just inexcusably sloppy. Exacerbating the problem, none of the stretches or abs exercises are illustrated. The exercises with weights are better because they have pictures, but even these can be confusing. For example, on day 1, she recommends doing V-Backs for triceps. The pictures show before and after, but the description doesn't explain the motion intended to get the reader from point A to point B.

[Download to continue reading...](#)

Smart Girls Do Dumbbells: 30 Minutes, 30 Days, 30 Ways -- Develop the Leanest, Healthiest, Sexiest Body You've Ever Had 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) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Smoking Meat Cookbook: 25 Delicious Recipes For The Best Barbecue You Ever Had (Rory's Meat Kitchen) The South Beach Diet Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet) Apple's HomeKit Smart Home Automation System Handbook: Discover How to Build Your Own Smart Home Using Apple's New HomeKit System (Smart Home Automation Essential Guides Book 7) Sex: Make Her SCREAM - Last Longer, Come Harder, And Be The Best She's Ever Had BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Pruning Answer Book: Solutions to Every Problem You'll Ever Face; Answers to

Every Question You'll Ever Ask (Answer Book (Storey)) The Cat Behavior Answer Book: Solutions to Every Problem You'll Ever Face; Answers to Every Question You'll Ever Ask Dick for a Day: What Would You Do If You Had One? Beekeeping: Oh! The book you wish you had(Beekeeping Basics,Beekeeping Guide,The essential guide,Backyard Beekeeper,Building Beehives,Keeping Bees,Honey Bees) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) 201 Organic Baby And Toddler Meals: The Healthiest Toddler and Baby Food Recipes You Can Make! Read It Before You Eat It: How to Decode Food Labels and Make the Healthiest Choice Every Time Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)