



PowerSculpt for Women : The Women` Body Sculpting and Weight Training Workout Using the Exercise Ball

Paul Frediani



Want a sleek, sexy, sculpted body? Join the PowerSculpt revolution, the first exercise ball program designed especially for women. One of Americas elite trainers, Paul Frediani, has developed an exciting, effective personal fitness program that provides a fun, full-body workout and delivers fast and wonderful results. PowerSculpt combines the best elements of strength training, body sculpting, flexibility, and core conditioning. With PowerSculpt for Women you will: * Take inches off?all over! * Boost your metabolism to burn mega calories. * Jump start your energy and stamina. * Strengthen your chest, shoulders and core for perfect. posture and a figure youll love showing off. * Look great and feel beautiful! This new DVD edition brings you complete follow-along instructions so you get the perfect form for the perfect results. Ready to get in the best shape of your life? Then get on the ball with PowerSculpt.

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