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TIGHTEN YOUR TUMMY IN 2 WEEKS



Rodale Press Inc. Hardback. Book Condition: new. BRAND NEW, Tighten Your Tummy in 2 Weeks, Ellington Darden, The proof is in the pictures: women with visibly tighter tummies after 2 weeks and total-body transformations just 6 to 12 weeks later. Some 40 women tested the diet and exercise program in Tighten Your Tummy in 2 Weeks under the direction of author and fitness expert Ellington Darden, PhD, who documented success stories in remarkable before and after photographs. Readers can expect...

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