



# The Body Sculpting Bible Express for Women: 21 Minutes a Day to Physical Perfection

*James Villepigue, Hugo Rivera*

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**Featuring the *21 Minute Body Sculpting Workout***

Between your family, your job, and your home, going to the gym is probably the last thing you want to add to your to-do list. But if you're looking for a quick and easy way to boost your energy, get lean and fit, and feel younger, stronger, and healthier, you've found it. Here is a workout that works harder so you don't have to work longer.

From the experts that started the body sculpting phenomenon comes a workout designed to shape and tone your body in 21 minutes a day: **The Body Sculpting Bible: EXPRESS--Women's Edition**. Jumpstart your program with the 21-Day Challenge, then move on to the six-week EXPRESS Workouts featuring 21-minute routines just 3 days a week.

Based on the periodization principles that have made the *Body Sculpting Bibles* a success, *EXPRESS* Workouts are guaranteed to:

- Tone your abs, thighs, and arms
- Build firm and attractive muscle tone
- Eliminate body fat and inches
- Revitalize your energy
- Get you on the path towards lifelong fitness

Featuring workouts designed to work for you: All you need are dumbbells, a step or a bench, and 21 minutes a day to stay active, toned, and confident all year long.

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