



Selene Yeager's Perfectly Fit: 8 Weeks to a Sleek and Sexy Body

Selene Yeager

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Take the boredom out of building muscles!

Let's face it: Dumbbells and aerobics videos aren't all they're cracked up to be. If week after week of the same old exercise routine has you reaching for the remote control and a bag of chips more often than your workout gear, it's time for a fitness makeover. It's time to get *Perfectly Fit*.

In this all-new, integrated approach to total-body toning, "Fitness Chick" Selene Yeager--a certified personal trainer, triathlete, and mountain bike racer--introduces a myriad of refreshing, FUN ways to burn fat, rev up your metabolism, and make your muscles sexy and seamless from head to heels.

Strength training is the essential core of the Perfectly Fit program. But unlike traditional strength training, which focuses on repetitive lifts and curls that can become dull and ineffective over time, Perfectly Fit emphasizes variety, giving your muscles--and your mind--a fresh, exciting challenge each and every day:

* Say goodbye to long hours at the gym!--Weighted balls, body-toning bands, and your own (absolutely free!) body-weight resistance yield great results at home or on the road!

* Get twice the toning in half the time!--Unique combination moves mimic real-life motions and feel more like play than exercise!

* Choose a program!--You'll find a 16-week beginners' blast-off, an 8-week result revver to get you "off the plateau," an advanced toning program, and a Bikini Bottom Jiggle Blaster--or design your own!

Because "your body was meant to move," Selene also introduces a whole new world of aerobic activity, from cycling and cardioresistance training to yoga and even gardening. What's more, you'll find lots of clever ways to find fitness in everyday life--at a desk, in the car, or at the kids' soccer game!

Whether you're new to exercise or tired of the same old lifts and curls, *Perfectly Fit* makes perfect sense. So don't waste another minute--go out and get fit!

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