



101 Ways to Work Out with Weights: Effective Exercises to Sculpt Your Body and Burn Fat!

By Cindy Whitmarsh

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A book for women who want to improve or start a weight-lifting routine.

Another follow-up to our successful *101 Ways to Work Out on the Ball*, this book targets another piece of inexpensive yet powerful equipment - dumbbells. Many people buy them but either use them incorrectly or not at all because they're not sure how. This book gives 101 different exercises for upper and lower body that you can do in the gym or at home. Strength training can actually change the shape of your body, improve your metabolism, and build bone strength - but most women aren't sure how to do it. This book makes it easy to reap the enormous benefits of weight training?in your own home.

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Editorial Review

About the Author

Cindy Whitmarsh is a licensed sports nutritionist and fitness instructor. She founded Ultrafit Nutrition Systems in 1997 and has expanded Ultrafit to 6 locations in San Diego and other cities throughout the US. Cindy is the fitness/nutrition expert for KUSI news in San Diego, also for some of the top San Diego Charger players as well as the San Diego Charger girls. She is the author of *Ultrafit Cooking*, *UltraFit*, *101 Ways to Work Out with Weights* and she created and starred in "Ultrafit Fat Burning Workout." She also starred in 10 Minute Solution, a Target toning DVD. Cindy recently founded Ultrafit Kids and Ultrafit Food on the Go! To contact Cindy Whitmarsh or to find out about her program go to www.Ultrafitnutrition.com.

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