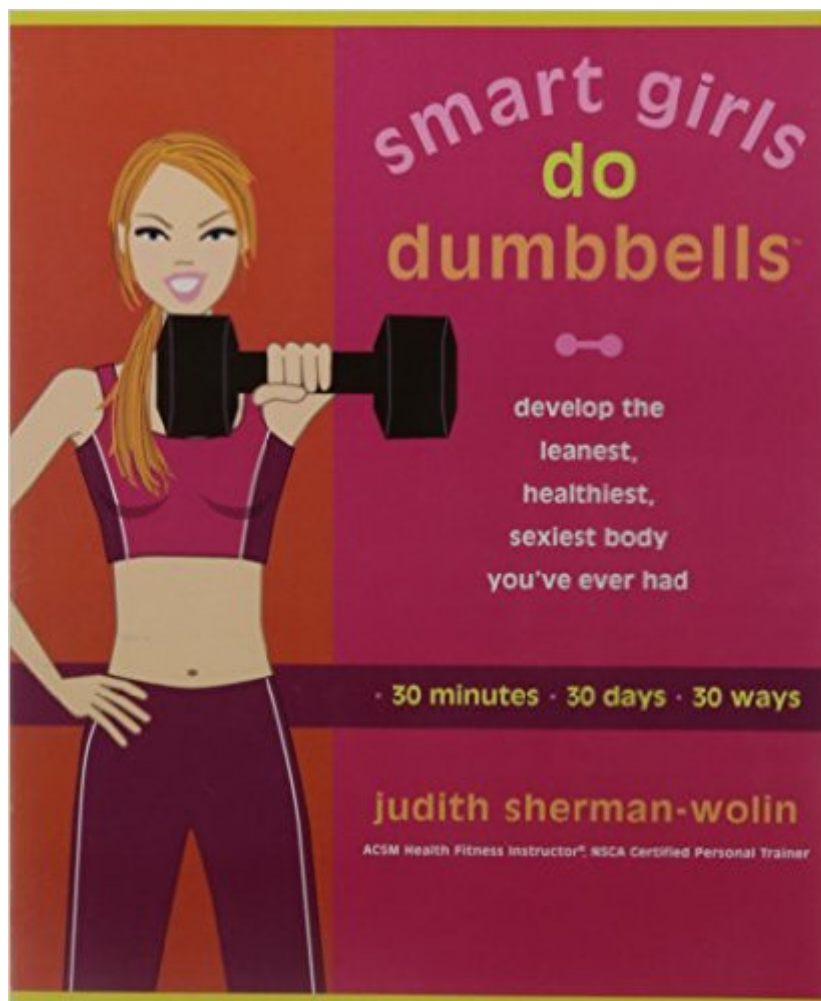


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# Smart Girls Do Dumbbells: 30 Minutes, 30 Days, 30 Ways -- Develop The Leanest, Healthiest, Sexiest Body You've Ever Had



## Synopsis

You've probably been dieting and exercising—or trying to—your entire life. You lose the weight; you gain it back. Or you lose most of the weight, but can't get those last stubborn 5 to 10 pounds to budge an inch. Or you exercise like mad, but still, the butt's a little saggy, the arm's a little flabby, and the belly's a little droopy. Why don't you have the body you always wanted? You may not know the real secrets of strength training and the magic of dumbbells. Judith Sherman-Wolin, exercise specialist at the UCLA Center for Nutrition, has developed a fast and easy dumbbell program that you can do at home and set up for less than it costs to go to a gym every month. You won't look like Arnold Schwarzenegger (who wants to anyway?) but you will watch your butt shrink, your abs flatten, and your arm muscles lengthen and firm. Say "hello" to your bikini and all those sleeveless tops you dreaded wearing when the weather got too hot to stay covered. All you need is the motivation, and this book will keep you psyched. In *Smart Girls Do Dumbbells* you'll learn: the complete 30-minute, 30-day, 30-way, start-to-finish program how to melt away those stubborn pounds you've been trying to lose your entire adult life how you can shape a body that burns more calories, even while you're plopped on the couch inexpensive ways to build your own dumbbell gym Judith's bonus ab-flattening recipes Work out smarter, not harder. All it takes is 30 minutes for a leaner, healthier, sexier body!

## Book Information

Paperback: 240 pages

Publisher: Riverhead Books (April 6, 2004)

Language: English

ISBN-10: 1573223867

ISBN-13: 978-1573223867

Product Dimensions: 7.5 x 0.6 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #485,246 in Books (See Top 100 in Books) #158 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #626 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #1464 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Sensible approach, not very clear descriptions of the exercises. I appreciate the motivational style of

the book; the author stresses that some exercise each day will yield better results than doing nothing at all, and has designed a workout for people who can't spend hours at the gym. Her program suggests just one exercise per muscle group each day, alternating upper & lower, with different exercises on alternate days to balance the workout over the week. However, I find her descriptions of the exercises less than ideal if you don't already know the exercise. Consider the first exercise in the book, the Hamstring Hug. Her instructions say to lie on the floor and gently draw your knee toward your chest. Um, okay... I suppose it's common sense to straighten your leg to stretch the hamstring, but if you were new to stretching, would you know that? It really should have been mentioned. Or maybe she meant something else. Is it possible to get a good stretch on the hamstring by pulling your bent knee toward the chest? Could be, as she goes on to say that it's okay if you're not flexible enough to get your knee very close to your chest. On the other hand, maybe the reader was never supposed to bend the knee at all but pull straight up from the hip? This is just inexcusably sloppy. Exacerbating the problem, none of the stretches or abs exercises are illustrated. The exercises with weights are better because they have pictures, but even these can be confusing. For example, on day 1, she recommends doing V-Backs for triceps. The pictures show before and after, but the description doesn't explain the motion intended to get the reader from point A to point B.

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