

The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More!

Linda Shelton, Angela Hynes



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From America's #1 women's fitness magazine, boasting six million readers each issue, comes *Shape* magazine's *Ultimate Body Book*, the follow-up to the bestseller, *Shape Your Life*. **Linda Shelton**, the magazine's fitness director, put you on the road to living your best life—now she's showing you how to achieve your *best* body the *Shape* way. This means getting lean and toned, having maximum energy, and possessing the head-to-toe confidence that comes from knowing you're at your personal peak of fitness, health, and well-being.

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