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# Superset Shapeup

**United Mine Workers of America.  
District 50**



## **Superset Shapeup:**

**Shape-Up Shortcuts** Jen Ator, Editors of Women's Health, 2013-09-03 You probably have enough on your to do list and adding hours of exercise and perfect dieting to it won't guarantee hot body results Frankly if a diet and fitness routine feels too strict or time consuming it usually backfires and won't work long term The solution Shape Up Shortcuts the ultimate collection of fitness and diet tips from Jen Ator CSCS and the editors of Women's Health This must have manual offers hundreds of smart effective tips and troubleshooting techniques that will help you transform your body even if you can spare only 5 minutes a day Inside you'll find More than 20 exclusive workouts from the country's top trainers that will reshape your body in less than 30 minutes Calorie saving food swaps quick delicious recipes and time saving kitchen techniques to make cooking a breeze even for beginners Hundreds of tips that work with your schedule like 2 second life changers postworkout beauty fixes and slim down secrets to take the stress out of healthy living Shape Up Shortcuts unlocks the secret to successful lasting weight loss It's all about doing a little bit better each day So what are you waiting for Get into the best shape of your life now

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