



Buff Brides: The Complete Guide to Getting in Shape and Looking Great for Your Wedding Day

Sue Fleming

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From dumbbells to wedding bells . . .

Whether you have six months or just six weeks until your wedding day, *Buff Brides* is an invaluable must-have for every bride-to-be.

Buff Brides is a comprehensive, fully illustrated fitness book by a New York City personal trainer who has helped hundreds of brides get into shape over the past decade. Providing clear, concise instructions and photographs for each exercise, Sue Fleming knows what brides want the most. From toned triceps for sleeveless dresses to flat abs for the honeymoon bikini, *Buff Brides* provides results.

Why *Buff Brides*? Well, are you

- Running out of time? *Buff Brides* features a 12-week crash course as well as the 24-week optimal program that works for any body type!
- Short on space? No need to panic—all of these exercises can be done right in your own home, with minimal equipment.
- Stressing out? Helpful stress-relieving stretches will calm your pre-wedding jitters!
- Having sleeveless-dress anxiety? Easy-to-follow exercises will show you how to tone your arms and make your back look fabulous!
- Concerned about a specific target area? From thighs to abs to triceps, *Buff Brides* has the exercise for every bride-to-be's problem area!
- About to settle for the first dress you see? *Buff Brides* offers helpful hints for choosing a wedding dress that best suits your body type.

Incorporating fitness tips, motivational secrets, and wedding-planning reminders, *Buff Brides* will help you look great and make it to the altar on time.

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Cheryl Estrella:

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Marva Larson:

Is it anyone who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This Buff Brides: The Complete Guide to Getting in Shape and Looking Great for Your Wedding Day can be the solution, oh how comes? It's a book you know. You are consequently out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these books have than the others?

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