FREE WORKOUT POSTER INSIDE!

fitness

Mind, Body + Spirit

4 WEEKS TO

YOUR BEST BIKINI BODY

- Moves That Trim Inches
- What to Eat for Flat Abs
- Sexy, Slimming Swimsuits

No Sweat!

12 Beat-the-Heat Beauty Secrets

Bust Your Biggest Fat Traps

And FINALLY Drop Pounds for Good

30 All-Day Energy Boosters

FIRE UP THE GRILL

Healthy, Easy Meals

Bike Off That Booty!

Cycling How-To's for Beginners

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