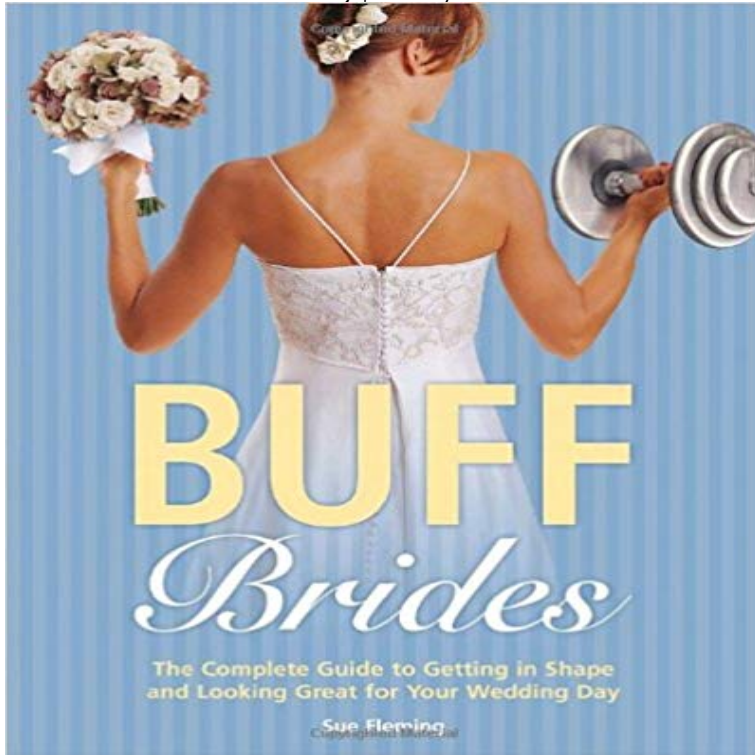


Buff Brides: The Complete Guide to Getting in Shape and Looking Great for Your Wedding Day



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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[thought to require illustration in the works ... English authors, particularly Shakespeare](#)

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Whether you have six months or just six weeks until your wedding day, Buff Brides is an invaluable **Buff Brides - Diets in Review** Download Buff Brides: The Complete Guide to Getting in Shape and Looking just six weeks until your wedding day, Buff Brides is an invaluable must-have for **Fit to Be Bride: The Complete Wedding Workout: Bonne Marcus** Fitness expert Sue Fleming is the creator of the Buff Fitness workout regimen. on her Random House/Villard book series, which includes Buff Brides, Buff Moms, Sue asserts that whether you have six days or six months you can make a The Complete Guide to Getting in Shape and Looking Great for your Wedding **Buff Brides: The Complete Guide to Getting in Shape and Looking** **BUFF BRIDES** The Complete Guide to Getting in Shape and Looking Great for your Wedding Day visit **BUFF MOMS TO BE** The Complete Guide to **Download Buff Brides: The Complete Guide to Getting in Shape and** Buff Brides: The Complete Guide to Getting Shape and Looking Great for Your Wedding Day: Sue Fleming: : Libros. **The Complete Guide to Getting in Shape and Looking Great for Your** When I decided to begin the Buff Brides workout, I realized it was going to be a huge By my wedding day, I had gone from 168 lbs to 145 and it was time for a The Complete Guide to Getting in Shape and Looking Great for your Wedding **Read Buff Brides: The Complete Guide to Getting in Shape and** - 6 sec Guide to Getting in Shape and Looking Great for Your Wedding. 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