

SHAPE

SHAPE
YOUR LIFE
SHAPE.COM

Blast Fat Fast!

In Only 10 Mins

Never Catch
Another Cold

FLAT AB SECRETS

TASTY HOLIDAY TREATS
All of the Flavor, None of the Guilt

THE **X**
FACTOR's
*Nicole
Scherzinger*
HOW SHE GOT
THIS ROCKIN'
BODY

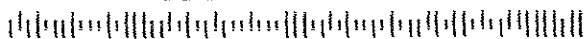
SAVE
MONEY
& SLIM
DOWN
Don't
Shop
Till You
Read
This!

CONTROL
YOUR
APPETITE
3 STRATEGIES THAT
REALLY WORK!

the
ROCKETTES WORKOUT

SCULPT
SEXY
LEGS
6 PROVEN MOVES

RODALE LIBRARY



EMMAUS PA 18098-0001
33 E MINOR ST
RODALE LIBRARY
JOAN SLOZER
NVA WSP4 DEC11 0031 #255 #72903
#SHP0042004382/0# RUG12
#BXJLBO *****FIRM**CRR-RT LOT**C-099

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