

Get-Fit-Fix
Special!

Women's Health

Look Great Naked!

- ✓ Burn Mega Calories
- ✓ Build Lean Muscle
- ✓ Sculpt Sexy Curves

Hottest Sex Ever!

7 Mind-Blowing Moves

Food Bonus Eat, Drink & Still Shrink

Healthy, Yummy,
Bikini-Friendly Ideas

Sleek,
Toned
Arms
In 4 Easy
Steps

FLAWLESS SKIN

Boost Your
Glow from
Head to Toe

BE HAPPIER EVERY DAY

Success
Minus the
Stress

*Brooklyn
Decker*

Shares Her
Flat-Belly
Secrets

