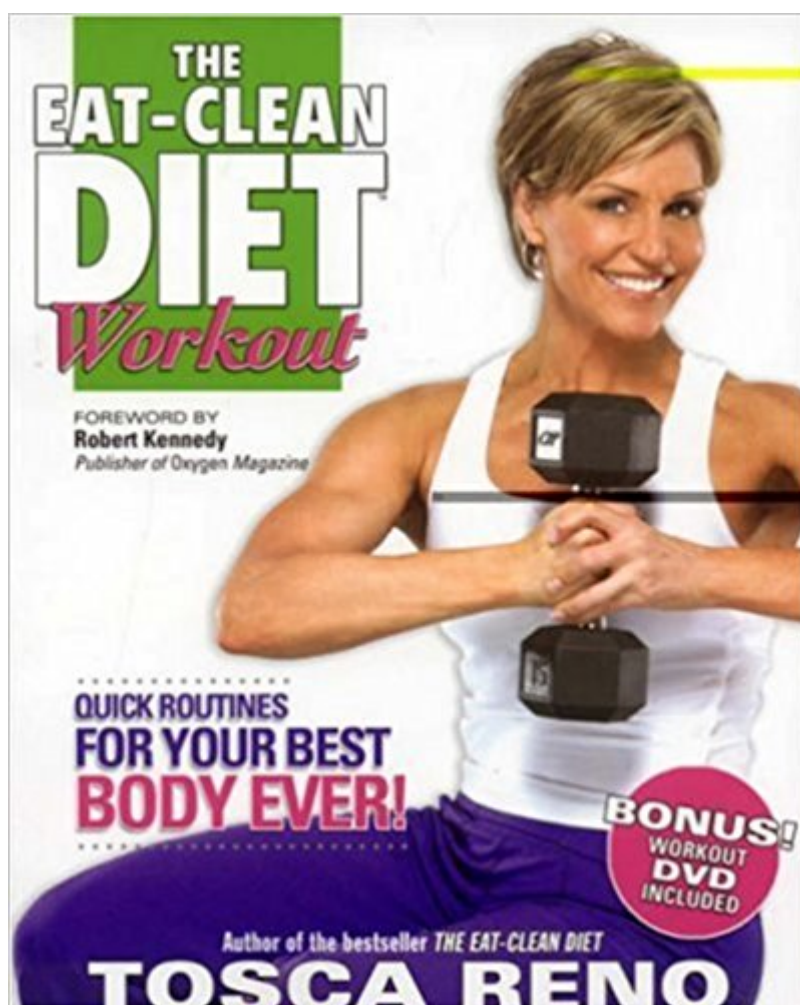


The book was found

The Eat-Clean Diet Workout: Quick Routines For Your Best Body Ever (with DVD)



Synopsis

Eating Clean gets and keeps you lean. But if you want your metabolism to burn faster than ever before; if you want to shape the body you've always wanted; then The Eat-Clean Diet Workout is for you. Think fitness comes only with hour upon hour of exercise? Nope! Tosca will show you that you can have a better body than you ever dreamed possible, in 30 minutes a day, four days a week. Don't believe it? You will, 'cause Tosca's workout will get you there.

Book Information

Paperback: 231 pages

Publisher: Robert Kennedy; Pap/DVD edition (December 3, 2007)

Language: English

ISBN-10: 1552100456

ISBN-13: 978-1552100455

Product Dimensions: 7.2 x 0.5 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 61 customer reviews

Best Sellers Rank: #732,635 in Books (See Top 100 in Books) #96 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

Customer Reviews

If you want to eat clean and pair it with a great workout, this book is highly recommended.

I had this book once before, and sold it in a consignment shop. When I realized it, it had already sold. I ordered it again from [Amazon](#) and love it! I am doing my routine slowly and am making good progress! I have the Workout Journal and am keeping track, and that helps. The video is good to get you started and not too hard for the beginner. If I can do the routine, almost anyone can! I can't do them all, but I sure do try and after three weeks I can do almost all of them.

I bought this book thinking it would help me start a weight training program but was disappointed to see that it didn't have very many exercises in it. The DVD was good and I liked how it was put together but as one reviewer put it, if you have done any type of weight lifting before, this won't teach you anything new. If you are new weight training then this is a good book but if you have done any kind of weight training then skip this book. You can get a lot more out of any of the women's health magazines or even the men's then you can out of this book.

Awesome book!! Excellent condition, although the dvd was not included! I also bought the Workout Journal to go with this book! Great set!!!

I can't go to the gym without Tosca! I can do some cardio and pick from a couple of sections of this book like abs or back and pick a couple of the different exercises and Tosca shows me picture by picture how to do it. tons of tips, diet and workouts easy or hard. This book has it all! (and tons cheaper than a personal trainer!)

I love her books. But you did not deliver it to me.Tosca Reno

I follow the Eat Clean Diet, and it has changed my life. I am lighter and healthier because of it. The workout routines in this book are good if you have never set foot in a gym. Very basic, with clear instruction, and Tosca's physique is inspiring.

Book is in great condition...as described.

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