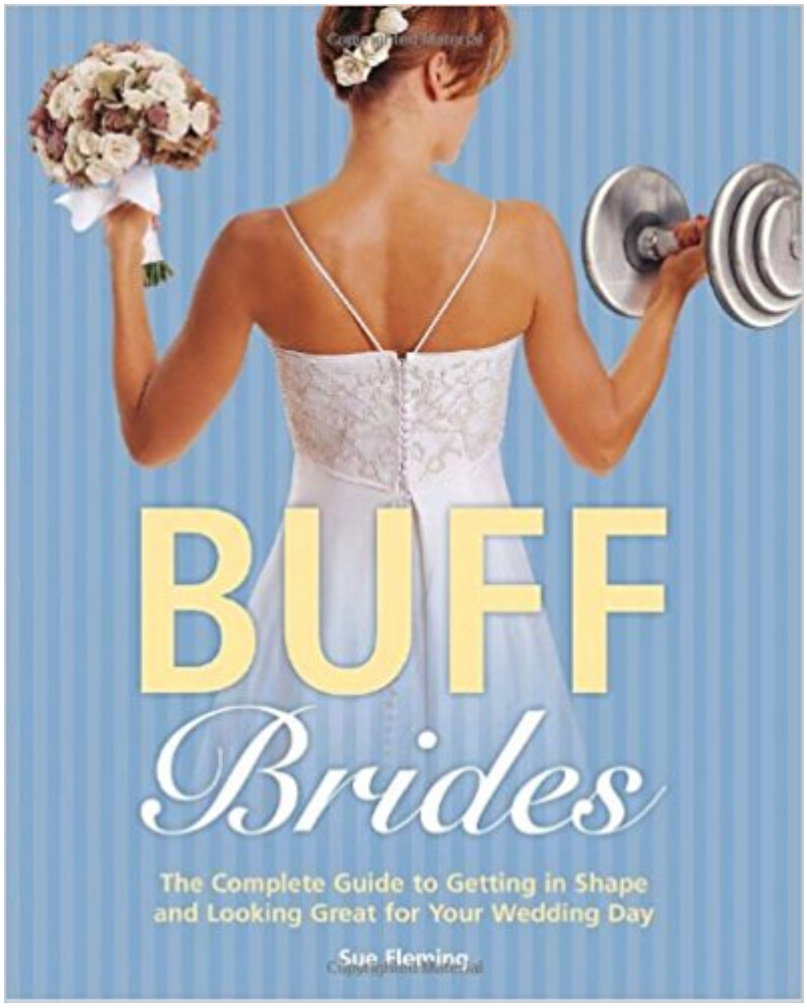
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Buff Brides: The Complete Guide To Getting In Shape And Looking Great For Your Wedding Day



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Synopsis

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 youÃ¢â ¬Â¢ Running out of time? Buff Brides features a 12-week crash course as well as the 24-weekoptimal program that works for any body type!Ã¢â ¬Â¢Short on space? No need to panicÃ¢â ¬â •all of these exercises can be done right in your ownhome, with minimal equipment.Ã¢â ¬Â¢Stressing out? Helpful stress-relieving stretches will calm your pre-wedding jitters!Ã¢â ¬Â¢Having sleeveless-dress anxiety? Easy-to-follow exercises will show you how to tone your arms and make your back look fabulous!Ã¢â ¬Â¢Concerned about a specific target area? From thighs to abs to triceps, Buff Brides has the exercise for every bride-to-beÃ¢â ¬â„¢s problem area!Ã¢â ¬Â¢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.

Book Information

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Customer Reviews

Whether you want toned arms for your sleeveless gown or flat abs for your honeymoon bikini,

certified trainer Sue Fleming can help you get in better shape for your wedding, even if you have only six months. This slim (106-page) book presents a six-month strength-training daily workout guide with cardio recommendations and a "crash program" if there’s only 12 weeks before the wedding. The strength-training exercises are basic, beginning workouts using dumbbells, stability ball, step, and ankle weights, all clearly explained and illustrated. The cardio recommendations are very general--for instance, 75 minutes per week for weeks five and six, doing one or two activities that raise your heart rate for most of your workout, which should last at least 25 minutes. Sadly, Fleming runs through just a few ways (walking, running, and biking) to get aerobic exercise, but doesn't explore the huge array of cardio options or give much detail on this essential fitness component. Recommended for beginning exercisers who are committed to following a regular program and need specific strength-training exercises. --Joan Price

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-weekoptimal program that works for any body type! -Short on space? No need to panic--all of these exercises can be done right in your ownhome, 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.

Book goes through a variety of exercises designed to give you a full body workout. The exercises are well explained but the writing is still concise. The workout plans are simple but great and they give you a really good idea of how to stagger the exercises such that you get a good workout every day without overtraining one muscle group.All the exercises can be done with minimal equipment

which I really appreciate. No complecated machines to figure out and could be done at home (i still do them at the gym because I don’t have space for an exercise ball).One thing I discovered: The exercises feel easy for the first few reps, but by the time your done the sets, you will feel tired! Don’t do what I did and do the "advanced" exercises the first day because the first few reps of the "beginner" exercises felt too easy: I’m very sore today!

Love this book! Easy to read, understand, and I enjoy how the workouts vary from day to day. It takes me about an hour to go through the whole thing, as you need to make sure you are focusing on doing the workouts properly, as opposed to just rushing through the reps. I always feel great afterwards and I appreciate that the author takes into consideration how a beginner should start out and then increase the challenge over time. It’s also nice that it only requires basic equipment and minimal space. I’m not getting married anymore and I still love this book. My only complaint is the same as many of the other reviewers... the binding really should be spiral bound. It’s not THAT much of a hassle as I use a bookmark to track what page I’m on as I workout, but it would make it considerably easier to be able to lay the book flat. All in all a great book at a great price!

Love this book. Nice total body workout with enough variation in the moves to keep it interesting. I like that I can go my own pace and tailor to my own level my changing the weights/reps/sets. I did the shortened schedule before my wedding and am doing the whole schedule again a year later to get back in shape.

I got in great shape for my wedding with this book!! I found that going from 5 lb weights to 10lb weights made a huge difference in my results, and I didn’t look too big, just cut!!! I was athletic/thin to begin with, but I lost 17 lbs total in 7 months, and I also ate clean when possible (80/20 rule). I did cardio and then would come home and do these exercise while I was watching tv with my fiancÃƒÂ© in the evening at my own pace. Now I want to start doing it again after baby!!! Highly recommend! People are asking about diet. What I found to work for me was lots of raw veggies, grilled chicken, egg whites etc. Eat lean and clean and you’re good to go!

I am currently into my 5th week of following this program, and I am already seeing results! Being a little weakling, my goal was not to lose weight, but to replace some of my fat with muscle, and so far that is what is happening. It has proved to be the most rewarding type of work-out I’ve tried, reasonably enjoyable for someone who is exercise averse, and the only one I’ve stuck with for this

long. I am getting married in May, but I would be appreciating this workout even without the motivation of a wedding. I feel good about doing something healthy for myself, can tell a difference in how I feel overall, and my fiance can even feel the muscles in my arms now!This book has illustrated guides to different stretches and exercises, grouped by target muscles; the back contains a 24-week and a 12-week recommended schedule. It tells you week by week which exercise to do on which day, three days a week. I like that this program has recommended weights and number of reps for differing levels on all the exercises. I started the 24-week program at beginner level and have been moving towards intermediate. Because I will finish before my wedding, I may continue on with the 12-week at advanced level. The book also gives recommendations on how much additional cardiovascular excerise to be getting, but that's not a part of the program itself. (I have not been doing anything additional myself; perhaps I'd be losing weight if I was.) With the use of a set of stairs and sturdy coffee table, all I bought to start with was an exercise ball, plus 5- and 10-lb. pairs of weights. Ankle weights are recommended as well.

I completed the workout before my wedding in August 2014. I have to say...my body never looked or felt better! Looking at pictures of my arms and back in my strapless wedding gown really showed me how much the hard work paid off! It is easy to follow and keep up with and you can increase weights / reps as you go along. Definitely recommend it for anyone who needs a little help to tone up before the big day!

I bought this book in an attempt to tone up prior to my wedding. The book offers step by step instructions and sketches of various exercises. The book it broken down into various sections which focus on one part of the body. There are also exercise plans in the back of the book that provide a guide of what to work on depending on how many weeks you have until your wedding, I bought this so that I could look fabulous for my wedding and pulled it out after having each of my children to whip my body back in shape.

I think this book is a great tool to help girls get in shape. I wasn't extremely out of shape before buying this book, but definitely wanted to tone certain areas and this book does a great job of highlighting special areas that will be focal points during the wedding - arms, back, etc - and the exercises definitely work. I started by just going through each exercise to learn it, then began the weekly routines and I can absolutely feel it. I would totally recommend this to anyone - not just brides!

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