



# **Tone Your Tummy Type: Flatten Your Belly and Shrink Your Waist in 4 Weeks**

*Denise Austin*

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## **Tone Your Tummy Type: Flatten Your Belly and Shrink Your Waist in 4 Weeks** Denise Austin

In this breakthrough target-toning book, America's favorite fitness expert identifies the five types of belly bulge and reveals methods to flatten each-with combination moves proven to be three times more effective than other exercise programs

All belly bulge is not created equal! Women gain abdominal fat for five very different reasons. To effectively shrink belly fat, a woman must first distinguish her individual Tummy Type and then do the exercises that work for that type. Drawing on the latest scientific studies about abdominal fat, best-selling author and fitness guru Denise Austin now gives women the weapons they need to win the war against even the most stubborn belly fat.

With the remarkable motivational gifts that have made her top-rated Lifetime fitness shows *Fit & Lite* and *The Daily Workout* so enormously popular, Denise Austin lays out her cutting-edge diet, fitness, and lifestyle program for tummy flattening. The book features:

- the Tummy Typing Quiz that helps women identify their predominant fat type
- exercises for each Tummy Type that have been proven to result in three times as much fat loss as traditional programs
- the Core Diet, a 4-week weight-loss plan complete with recipes and shopping lists
- inspiring success stories with before-and-after photographs

Women of all ages at all stages of life will find the right program for themselves in these pages-and there's even a bonus chapter for men!

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