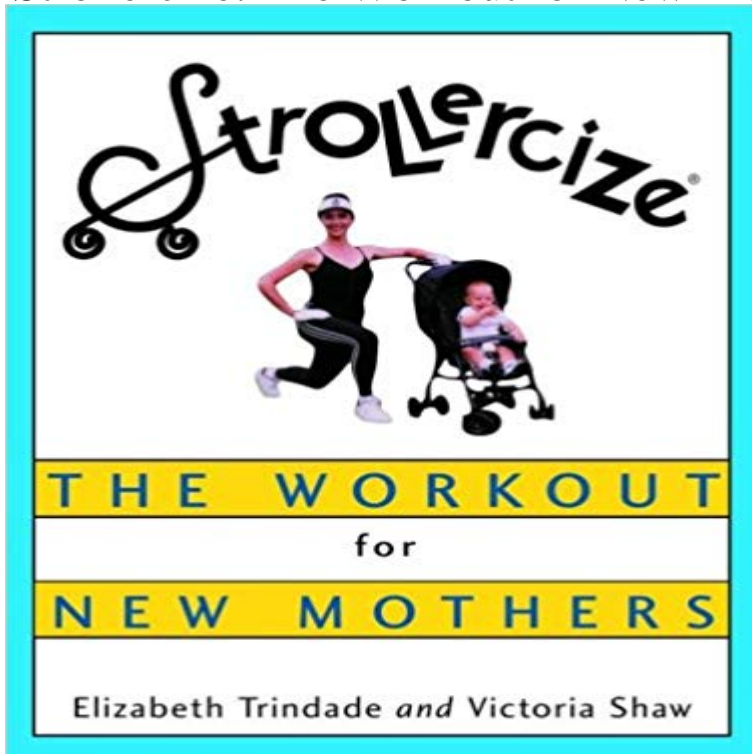


Strollercize: The Workout for New Mothers



Trying to get back in shape after the birth of your baby can seem more challenging than motherhood itself! Who has time to go to the gym or find a baby-sitter? Veteran personal trainer and mother-of-three Elizabeth Trindade has a workout solution for all new moms -- Strollercize(r) -- the best way to slim down, tone up, and meet the demands of your busy new life. All you need is your stroller, your baby, and the will to push your way to health and fitness, whether your goal is to run a marathon or simply to get back into your old jeans. Strollercize was born when Trindade, a former dancer and a new mom herself, realized that the bulky stroller she was now maneuvering was essentially a ballet barre on four wheels -- and the perfect workout apparatus. She's created an energizing, fun, and effective routine that can be done safely, indoors or out, while you keep your baby with you. Strollercize features:*

- * A complete cardiovascular routine, from warm-up to cooldown*
- * Strength and toning exercises for legs, arms, and hips*
- * A total waistline workout that gets results*
- * Stretches that feel great and help you regain flexibility*
- * Back-saving techniques for pushing, lifting, and folding your stroller properly

From choosing the right stroller for your needs to getting motivated and losing the unwanted baby fat, Strollercize is a complete program and one with fitness rewards you'll be reaping long after your baby is out of the stroller.

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The RollerSizeR Portable **The Stroller Workout Fit Pregnancy and Baby** A few options for working out with your baby: sessions of Fitmomease, a new fitness and nutrition support group for new moms with More info on Strollercize **[Pub.18] Download Strollercize: The Workout for New Mothers by** product description trying to get back in shape after the birth of your baby can seem more challenging than motherhood itself! who has time to go to t. New mothers can get back in shape along with other moms, and with The stroller set works at getting in shape during a Strollercize class at **Strollercize: The Workout for New Mothers by** - 1 day ago - 34 sec - Uploaded by erasasewrdes3 Strollercize: The Workout for New Mothers <http://?book=0609805541>. **Strollercize: The Workout for New Mothers: Elizabeth Trindade** FREE PDF Download Strollercize: The Workout for New Mothers For Ipad GET LINK <http://pdf/?book=0609805541> Trying to. **A Fit Mom by Strollercize, Classes Online Personal Training** Synopsis: Trying to get back in shape after the birth of your baby can seem more challenging than motherhood itself! Who has time to go to the gym or find a **Download Strollercize: The Workout for New Mothers Elizabeth** Notes: EX-LIBRARY BOOK,CLEAN PAGES,MODERATE EDGE WEAR,LIBRARY MARKINGS/STAMPINGS. Sku: fba72oolk. 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