

The book was found

Fit And Fabulous: Supermodels For The 21st Century

Fit and Fabulous
Supermodels for the 21st Century



Photos and Text By
Bill Dobbins



Synopsis

Fit and Fabulous: Supermodels for the 21 Century features the fabulous women of fitness, figure, physique and bodybuilding who train and diet to develop beautiful, athletic hardbodies. Whatever their natural genetics, they make great efforts to sculpt and shape their bodies into living works of art, so they can be admired for their achievements and can serve as role models to other women who want to look and feel better in this age of too much food and too little exercise. The book features bios of many of these women, essays on the nature and future of this phenomenon and includes advice to would be fitness supermodels on how to prepare for photo shoots and develop their careers.

Book Information

File Size: 5527 KB

Print Length: 72 pages

Publication Date: April 25, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B007XZ2WNI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #886,547 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #329

inÂ Books > Arts & Photography > Photography & Video > Sports #686 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #1101 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

Customer Reviews

The author is so idiotic as to believe and repeat urban legends about "punishing corsets" and "rib removal" - a practice so dangerous that doctors in the 21st century will not even attempt it for cosmetic purposes, let alone doctors who lived during a time when any surgery was dangerous. Go get an education in reality before you spout tripe in your book.

Thank you Bill from all of your sexy women with muscle! I love reading a real story about real fitness

paths and history with the real superstars I know. Fitness models and our story is still expanding into the public. Strong, fit women are real. Great read! Beautiful women! Awesome tips too! ;)

[Download to continue reading...](#)

Fit and Fabulous: Supermodels for the 21st Century
The Confessions: (Vol. I/1) Revised, (The Works of Saint Augustine: A Translation for the 21st Century) (The Works of Saint Augustine: A Translation for the 21st Century, Vol. 1)
Belwin's 21st Century Guitar Method, Bk 1: The Most Complete Guitar Course Available, Book, DVD & Online Audio, Video & Software (Belwin's 21st Century Guitar Course)
Belwin's 21st Century Guitar Ensemble 1: The Most Complete Guitar Course Available (Student Book) (Belwin's 21st Century Guitar Course)
Belwin's 21st Century Guitar Staff Manuscript Book (Belwin's 21st Century Guitar Library)
Fit and Sexy For Life: The Hormone-Free Plan for Staying Slim, Strong, and Fabulous in Your Forties, Fifties, and Beyond
Top-Down Crochet Sweaters: Fabulous Patterns with Perfect Fit
Florida's Fabulous Canoe and Kayak Trail Guide (Florida's Fabulous Nature)
Fabulous Fashions of the 1950s (Fabulous Fashions of the Decades)
Roget's 21st Century Thesaurus: Updated and Expanded 3rd Edition, in Dictionary Form (Roget's Twentieth-First Century Thesaurus in Dictionary Form)
In the Company of Rilke: Why a 20th-Century Visionary Poet Speaks So Eloquently to 21st-Century Readers
Book of Extremes: Why the 21st Century Isn't Like the 20th Century
The Ultimate Horse Behavior and Training Book: Enlightened and Revolutionary Solutions for the 21st Century
21st Century Complete Medical Guide to Endometriosis, Authoritative Government Documents, Clinical References, and Practical Information for Patients and Physicians
Marketing and Outreach for the Academic Library: New Approaches and Initiatives (Creating the 21st-Century Academic Library)
Energy for the 21st Century: Opportunities and Challenges for Liquefied Natural Gas (LNG) (New Horizons in Environmental and Energy Law series)
Performing and Creating Speeches, Demonstrations, and Collaborative Learning Experiences with Cool New Digital Tools (Way Beyond PowerPoint: Making 21st Century Presentations)
Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence: Revised and Updated for the 21st Century
Think and Grow Rich: The Landmark Bestseller - Now Revised and Updated for the 21st Century
Arts Management: Uniting Arts and Audiences in the 21st Century

[Dmca](#)