



Tracy Anderson's 30-day Method

By Tracy Anderson

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Tracy Anderson's 30-day Method, Tracy Anderson, Did you know that muscles get bored, just like people do? Also there's a 9 out of 10 chance that you're working the wrong muscles when you exercise. Based on 10 years of scientific research and experience getting A-list stars and everyday people red-carpet ready, Tracy Anderson has developed a unique 30-day diet and workout routine that reshapes the body and defies genetics to tone up the muscles and enable you to lose weight fast. Tracy believes it is possible for anyone to get the body they want, and this workout leaves no chance for anything but terrific, fast results!.

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