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Fit And Fabulous: Supermodels For The 21st Century

Fit and Fabulous
Supermodels for the 21st Century



Photos and Text By
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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

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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! ;)

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