

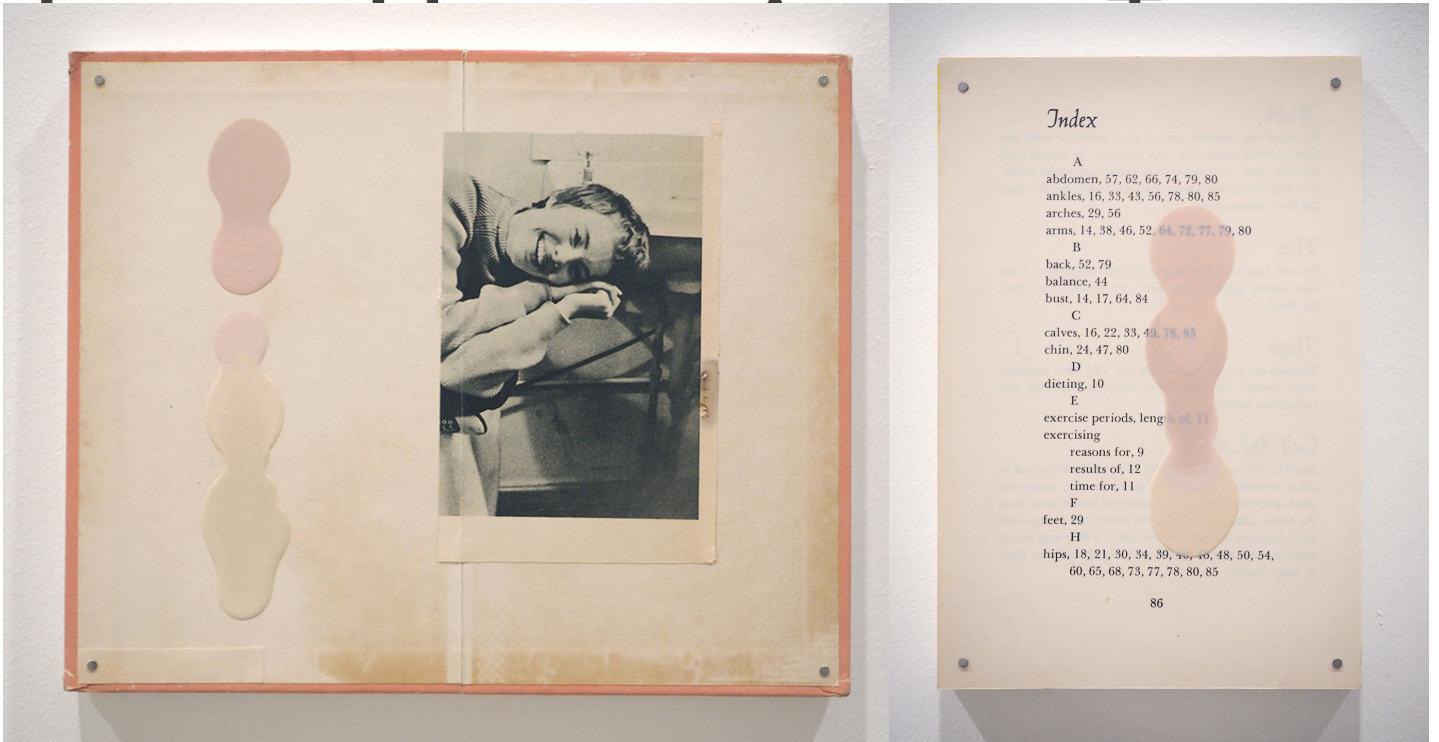
M

A

R

G

A



Index

A
 abdomen, 57, 62, 66, 74, 79, 80
 ankles, 16, 33, 43, 56, 78, 80, 85
 arches, 29, 56
 arms, 14, 38, 46, 52, 64, 72, 77, 79, 80
 B
 back, 52, 79
 balance, 44
 bust, 14, 17, 64, 84
 C
 calves, 16, 22, 33, 49, 78, 85
 chin, 24, 47, 80
 D
 dieting, 10
 E
 exercise periods, length of, 11
 exercising
 reasons for, 9
 results of, 12
 time for, 11
 F
 feet, 29
 H
 hips, 18, 21, 30, 34, 39, 46, 48, 50, 54,
 60, 65, 68, 73, 77, 78, 80, 85