

Before she was 22, Anja Langer had captured the German, European, and Junior Amateur World Bodybuilding Championships as well as second place in both the IFBB Pro World and Ms. Olympia competitions. Her winning physique and fashion-model looks have landed her on the covers of more than 20 fitness and bodybuilding magazines worldwide. Now women bodybuilders and fitness enthusiasts can train with Langer using Body Flex-Body Magic—the ultimate guide for women who want the ultimate fit figure. The proper uses and combinations of weight training, cross training, nutrition, stretching, and various forms of aerobics are at the core of Langers personal fitness program. All facets of her workouts for beginner, intermediate, and advanced levels are detailed and amply illustrated with more than 200 personal photographs. With exercises ranging from the most basic to the most exacting practices used by professional physical trainers and winning pro bodybuilders. Body Flex-Body Magic is the most informative and extensive womens body shaping and fitness book ever published. Highlights include: Reducing the bodys fat stores with ease Building up selected skinny body parts Achieving full-body flexibility Training and eating during pregnancy Anja Langer lives in Stuttgart, Germany, where she coaches up-and-coming bodybuilders and body shapers of all ages and levels of ability. She has written nearly 100 articles for Muscle & Fitness, Flex, and other international bodybuilding and fitness magazines. Bill Reynolds served as editor in chief of Flex magazine from 1988 to 1992, following 10 years in the same position at Muscle & Fitness. He is the coauthor of numerous books, including Joe Wieders Ultimate Bodybuilding and Sliced.

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