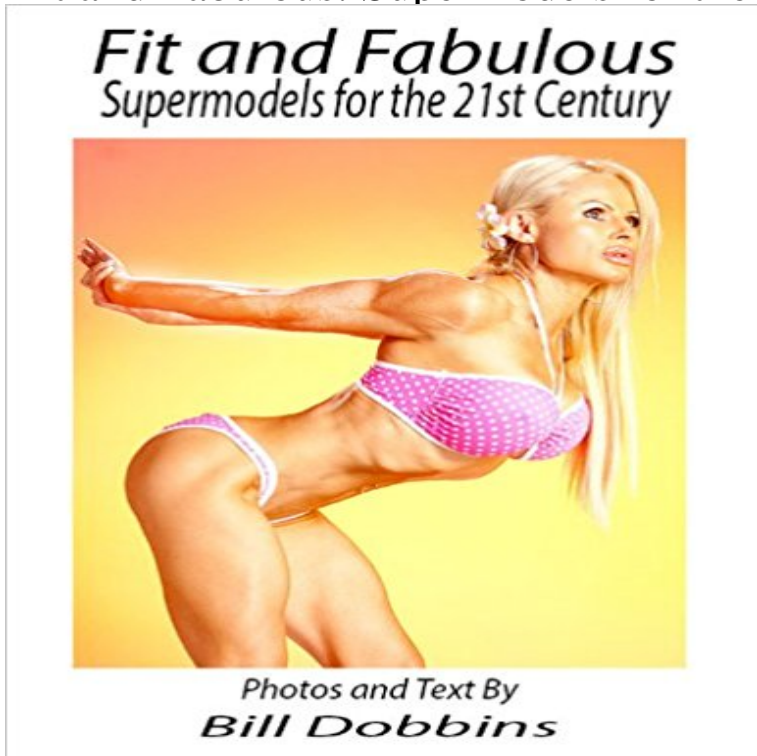


Fit and Fabulous: Supermodels for the 21st Century



Fit and Fabulous: Supermodels for the 21st 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.

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