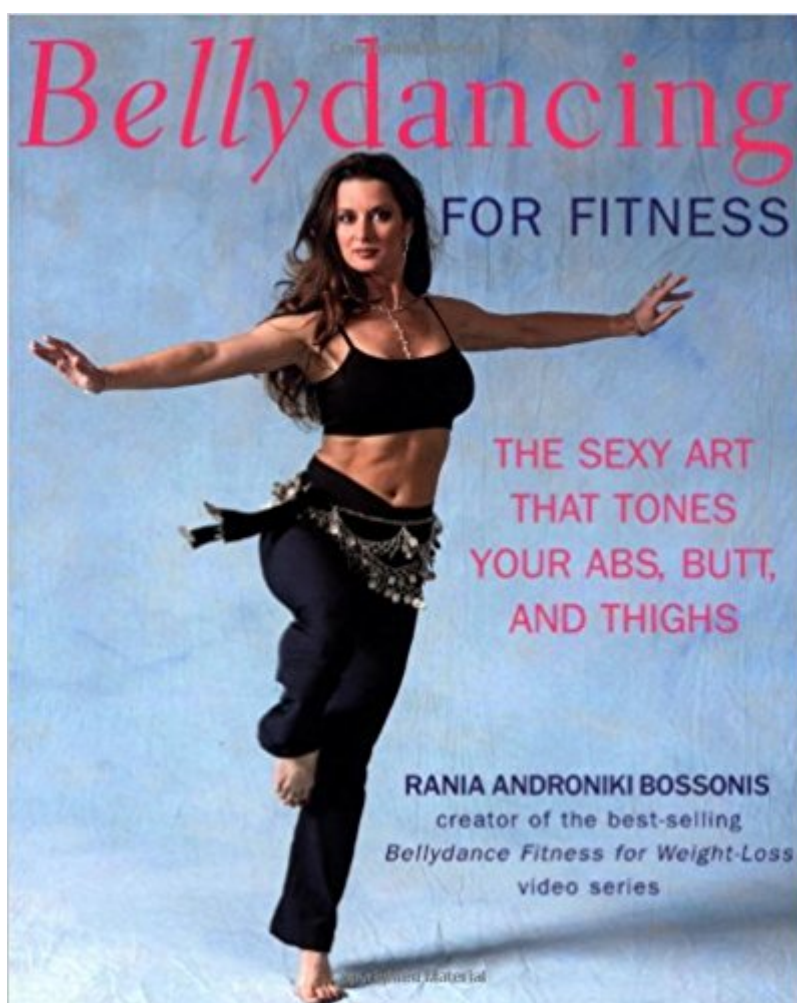


The book was found

Bellydancing For Fitness: The Sexy Art That Tones Your Abs, Butt, And Thighs



Synopsis

A how-to book featuring the timeless art of belly dancing. Bellydancing is not only beautiful and mysterious; it's also sexy and a serious workout! Rania will teach women the history and symbolism of bellydancing while helping them tone-up and dance their way to the body they've always wanted. Simple at-home routines will address problem spots and shed a decidedly different light on how to effectively shake the pounds off and shimmy the muscle tone on. An instrumental CD completes the package.

Book Information

Paperback: 176 pages

Publisher: Fair Winds Press (November 1, 2004)

Language: English

ISBN-10: 159233086X

ISBN-13: 978-1592330867

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #183,619 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #21 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #120 in [Books > Arts & Photography > Performing Arts > Dance](#)

Customer Reviews

Rania Androniki Bossonis is an AFAA Certified Fitness Instructor and Professional Middle East Dance Soloist, Choreographer, and Master Teacher. She currently teaches Middle Eastern Dance for the Los Angeles Department of Cultural Affairs. Rania has over 10 instructional, workout and performance videos currently available in stores and online, including the smash hit "Bellydance Divas" and her fitness series entitled "Bellydance for Weight Loss." She travels throughout the world teaching and performing Middle Eastern Dance. Her passion for this unique and beautiful art form is evident in both her instruction and performance.

This is a lovely book with a simple but engaging overview of bellydance history, health benefits, and instructions for many fundamental bellydance moves. The photos are high quality - large, clear, and in color. Rania's descriptions and tips for certain moves helped improve the way I had been doing

them. The instructions are quite detailed and descriptive enough to really follow - plus she includes common mistakes to avoid. Explaining which muscles to engage and how the body benefits from each move was also helpful. I liked how she described the differences in variations of a particular type of move, and the requirements/limitations of each variation that one might consider when performing or adding it to a choreography. There are some basic ideas for combos/simple choreography. An audio CD is included with various types of bellydance music. This book is both visually appealing and highly practical. I think it's a good companion for a beginner to intermediate dancer - others who are more advanced may still enjoy having it :-)

This is a great book for people looking to get fit in all the right places and feel sexy while working towards their fitness goal. Expect to be schooled in the art of belly dance and develop an appreciation for the beauty and classiness this art form possesses.

very helpful

I just bought this book yesterday. I am very happy with my purchase; more so with the purchase of her videos. What made me pick the book up off the shelf was the vivid color pictures on the front and back covers. That is what also made me buy it. Rania manages to overcome the hurdle of trying to teach dance moves from a book by having 3 or 4 serial shots of her performing some of the moves. She also demonstrates the importance of proper posture by showing several side views of herself performing. What I also liked is the fact that she devotes a chapter to describing the aerobic benefits of Bellydance, then underneath the title of each move she demonstrates, she gives a brief description of what the benefits are for that particular move. She also demonstrates the Khaleegy Head Toss and the Zar Head Roll, mentioning that that the head roll should only be done once or twice, lest you hurt your neck. There is a short chapter on the history of Bellydance, her own introduction to the dance, layering movements for a routine, balancing and floor work, use of a veil, warm-ups, and a glossary of terms. She lost one star because the included music CD was so-so (some of it was a repeat from the Bellydance Divas dvd), and the fact that she says in the book that she tells people all the time that Bellydance is her only workout; she does not lift weights. Then she mentions in another part of the book that she used to take gymnastics when she was younger. That gave me the impression that she was never overweight (like I am now). So I think that she has no knowledge of what it takes to "Shimmy away the fat". However, I am happy that I bought this book. CHALLENGE: I would like to challenge Rania or another certified fitness trainer/dancer to take

an overweight person and slim them down and get them fit with bellydance and diet alone.

The creator of the wildly popular "Bellydance Fitness for Weight-Loss" video series presents Bellydancing For Fitness: The Sexy Art That Tones Your Abs, Butt, And Thighs, a straightforward introduction to bellydance moves that can be incorporated into a solid and beautiful exercise workout. Full-color photographs clearly illustrate warm-up stretches, basic movements and poses, and offer suggestions for putting it all together into a dance routine. The texts describe what to do and how to do in detail, and an accompanying music CD offers 40 minutes of modern, enthusiastic bellydance music to get one started shaking the fat away! A delightful and effective guide to enhancing physical fitness and sex appeal alike.

This book is so much fun! I love it because Rania describes how to do different bellydance moves in detail and the pictures are excellent. She has great bellydance fitness DVD's too. She was a winner at the Bellydance of the Universe contest. She went to the contest to make friends and ended up winning in one of the competitions. If you are in the area, she owns a dance studio in Huntington Beach, CA.

I have been bellydancing for over 2 years now and I own dozens upon dozens of bellydance DVDs and a few books. I absolutely love this book and the cd is just fantastic. I am constantly recommending this book and all of Rania DVDs to everyone I know who is interested in bellydance. Everything about this book is informative and encouraging! Because of her DVDs and book, I am so proud to say I bellydance!

This is a great book, with tons of gorgeous pictures and info about starting bellydance. Rania is also gorgeous, but not in an intimidating way, so you feel like you could be just as sexy as she is by bellydancing. This book and the one by Tamalyn Dallal definitely have a place on my bookshelf now, and the CD that comes with this book, which is full of great songs to get you started, has an almost permanent home in my CD player.

[Download to continue reading...](#)

Bellydancing for Fitness: The Sexy Art That Tones Your Abs, Butt, and Thighs
ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40)
Butt Workout (6-Week Plan): The Best Butt Workout Guide
And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an

Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! How Do I Get Skinny Thighs: A 5 Step Curve Creating Program To Help You Trim, Tone and Tighten Your Way To Sexy Thighs Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) BANISH YOUR BELLY, BUTT AND THIGHS (FOREVER!) The Real Woman's Guide to Permanent Weight Loss Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss Tone Every Inch:Â Â The Fastest Way to Sculpt Your Belly, Butt & Thighs Tone Every Inch (TM): The Fastest Way to Sculpt Your Belly, Butt & Thighs AnimÃfÂ© nude young hentai fund of sex Ãçâ -â œ Hot manga pictures 2: Sexy girls animÃfÂ© nude girls, sexy animÃfÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃfÂ©) AnimÃfÂ© nude young hentai fund of sex Ãçâ -â œ Hot manga pictures 1: Sexy girls animÃfÂ© nude girls, sexy animÃfÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃfÂ©) Memes: Sexy Adult XXX Memes & Pictures Book 2017 - Adult Jokes, NSFW, Memes Free, Sexy Memes, Sexy Books

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)