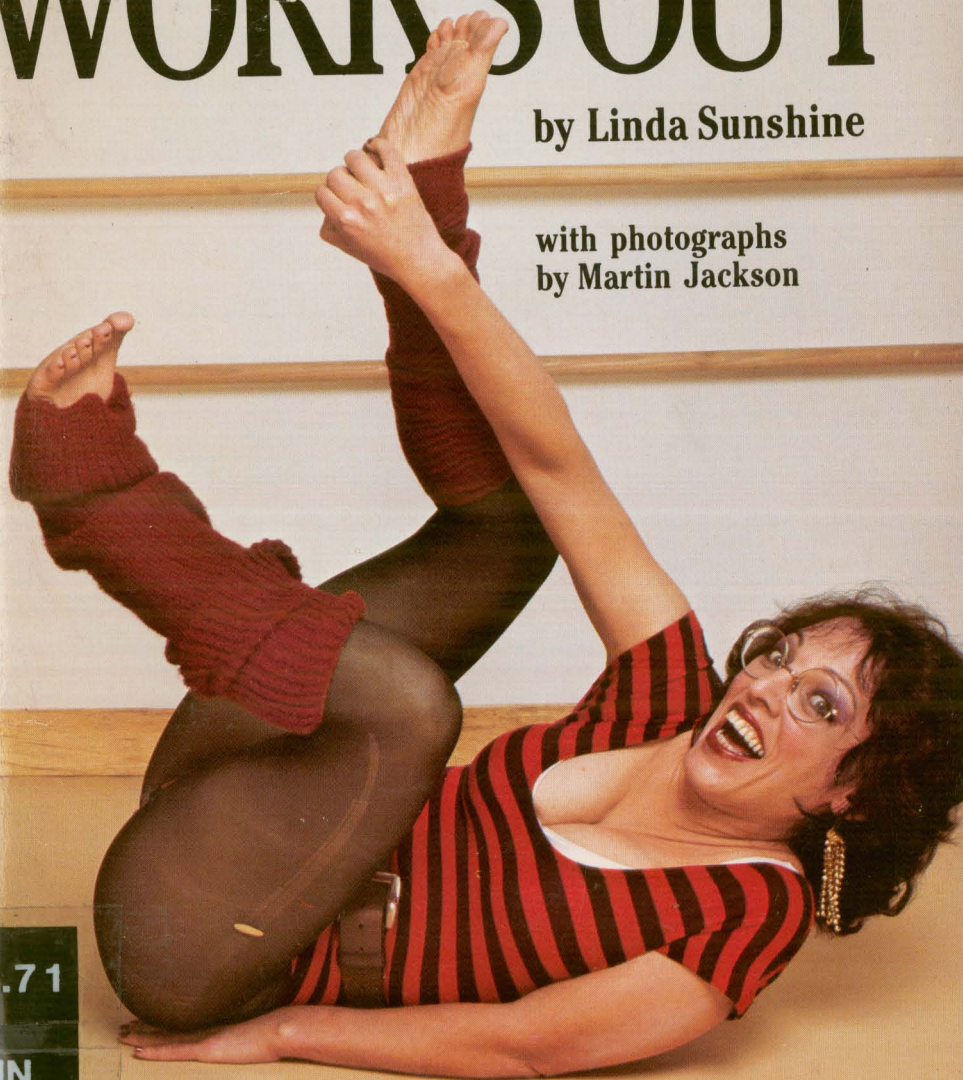


PLAIN JANE WORKS OUT

by Linda Sunshine

with photographs
by Martin Jackson



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PLAIN JANE WORKS OUT



A modified, simplified program
for fitness, health, and energy
designed to last a day and a half.

No Effort

No "Burn"

No Sweat

No Results

PUSTAKA PERDANA



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