

NICOLE RONSGARD'S
**No-Excuse
Exercise
Guide**

A stylized illustration of a woman with blonde hair, wearing a light-colored leotard with a dark belt. She is in a dynamic pose, leaning back with one leg extended upwards and the other bent. The background is a solid dark purple.

*The no-fuss,
no-father way to stay
beautifully in shape.*

ILLUSTRATED BY ANNE MARIE MCKENNA

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