

# DONNA RICHARDSON

Abs



Buttocks



Hips & Thighs



## 4 DAY ROTATION WORKOUT

Includes 4  
15 Minute Workout  
Segments

Upper  
Body



# Donna Richardson 4 Day Rotation Workout

**Randolph-Macon Woman's College.  
Alumnae Association**



## Donna Richardson 4 Day Rotation Workout:

**Getting in Shape** Carol Leonetti Dannhauser, Sandra Michaelson Warren, 2003 You want to be fit but you've had it you've been on 17 different diets and spent enough to feed a small town on packaged meals that look like food but taste like floor sweepings So what should you do How about trying a straightforward easy to understand up to the minute primer on fitness exercise and eating well It's all here whether you yearn to bike around the block or run a marathon What's in it for you A nutrition and fitness program geared specifically to your likes and dislikes your body lifestyle budget and goals Take a fitness quiz learn how working out with a buddy can help find out about gyms and see how to design a personal program that's fun and gets you pumped up the right way Plus there's advice on simple delicious and healthy meals How can you not lose

*The Video Source Book* David J. WEINER, 1990 **Billboard**, 1995-12-16 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *Video Source Book*, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children

juvenile how to instruction *Video Source Book* Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

**Billboard**, 2001-07-14 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Consumers Index to Product Evaluations and Information Sources, 1999 *African-American Almanac*

Gale Group, 1996-09 Fully updated this edition provides a range of historical and current information on African American history society and culture and includes coverage of such topics as the African diaspora landmarks organizations populations family inventors and scientists and religious traditions Billboard, 2000-01-15 In its 114th year Billboard remains the

world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *Tragediia sovetskoi derevni*, 1999 **Princeton Alumni Weekly**, 1975

**Chronicle of the Horse**, 1971 **"The" Illustrated London News**, 1850 Bazaar Exchange and Mart, and Journal of the Household, 1879 *The Review of Reviews* William Thomas Stead, 1895 *Alumnae Bulletin of Randolph-Macon* Woman's College Randolph-Macon Woman's College. Alumnae Association, 1992 Journal of the American Veterinary Medical Association American Veterinary Medical Association, 2004 Vols for 1915-49 and 1956 include the Proceedings of the annual meeting of the association **NALP Directory of Legal Employers** National Association for Law

Placement,2005-04 Information on the hiring criteria of law forms and other legal employers  
**Print** ,1991      **Books in Print Supplement** ,1994

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