

MIND & BODY ZONE

The World's Premier Self-Improvement & Motivational Magazine

November/December 2001

PREMIERE ISSUE

Will You Lead, Or Will You Follow?

Know when to take the reins and
when to take a back seat

The Benefits of Weight Training for Women

Yes, you can lose weight, gain lean
muscle and increase bone density!

Stability Ball Bridge

An excellent exercise for
the entire dorsal musculature

COMPLIMENTARY ISSUE
VOLUME 1 • ISSUE 1
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FUNCTIONAL TRAINING:
IHP leads the way...
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