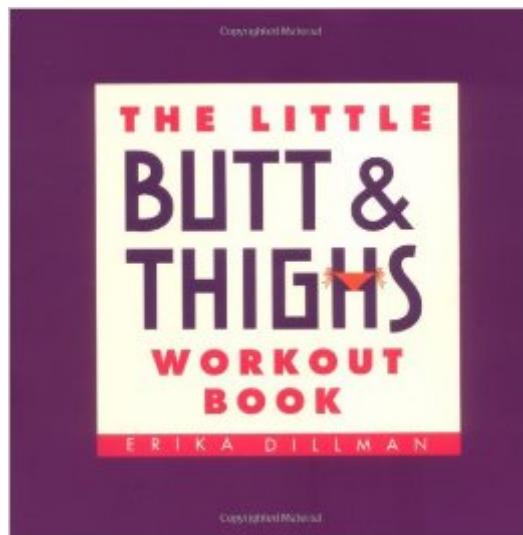


The book was found

The Little Butt & Thighs Workout Book (Little Book)



Synopsis

With the newest "little book" in the series, it's easier than ever to get thinner thighs and a tighter tush. Line drawings throughout.

Book Information

Series: Little Book

Paperback: 192 pages

Publisher: Grand Central Publishing (March 1, 2005)

Language: English

ISBN-10: 0446679984

ISBN-13: 978-0446679985

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #2,061,373 in Books (See Top 100 in Books) #82 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts

Customer Reviews

Just received this book a couple of days ago. I just finished reading it today. It is an easy read. It has a lot of information packed into it. Very informative; well written. She has four different workouts; progressively going from easier than harder to harder. I really don't classify any of them as easy. These exercises really target the hard spots. She included diagrams for the exercises. If anyone is looking to shape their thighs or [...], this book is highly recommended by me. I love it so much that I'm recommending it to my friend!

This is the first fitness book that I have ever bought, and I am so happy that I did. The exercises are so simple, easy, and best of all... THEY WORK!!!! This book not only has great exercises, it has so much great information about the exercises and the muscles they are meant for!

As a Pro Trainer, I'm a strong advocate of simple fitness programs - this helps people 'stick with it'. No gym memberships or expensive machines needed here - just a little consistency & commitment. If you are just starting out or need something for a tight schedule - check this one out. Joey Atlas - The Wizard of Fitness[...][...]

This little books is full of great information! The exercizes are easy to understand and the section on nutrition and weight loss was fantastic.

The book was as described, & shipped right on schedule

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The Little Butt & Thighs Workout Book (Little Book) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs Banish Your Belly, Butt and Thighs Forever! The Real Woman's Guide to Body Shaping & Weight Loss Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Chicken Butt Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself, Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt How to Get a Bigger Butt and Better Hips TRY ME FIRST! - I'LL KISS YOUR BUTT IF THIS SYSTEM DOES NOT WIN TONIGHT! The Nonrunner's Marathon Guide for Women: Get Off Your Butt and On with Your Training The Little Book of Horse Racing Law: The ABA Little Book Series (ABA Little Books Series) The Little Book of Circle Processes : A New/Old Approach to Peacemaking (The Little Books of Justice and Peacebuilding Series) (Little Books of Justice & Peacebuilding) Thin Thighs in 30 Days

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