

SLIMMER LEGS WORKOUT



One-legged bridges
3x15



Side leg raises
3x15



Standing side
leg raises
3x15



Glute bridges on chair
3x15



Adductor raises
3x15



Better Me.

Slimming Your Hips Thighs And Butt

Denise Austin



Slimming Your Hips Thighs And Butt:

Embark on a transformative journey with Explore the World with is captivating work, Discover the Magic in **Slimming Your Hips Thighs And Butt** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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