



Presented by:
Lucy Knight
IIST Health & Fitness
OCR Pilates & BSY Yoga

Lucy has a broad portfolio of health and fitness qualifications, including Stability Ball, Pilates and Massage and of course, is a fully qualified fitness instructor. Her most recent book, *Exercise Ball for Weight Loss*, is sold worldwide.

Presented by Lucy Knight
Assisted by Kelly Holland
Executive Producer Ken Gray
Produced by Rod Rodrigo
Directed by Ken Gray

NIP & TUCK

WORKOUT - THE NATURAL WAY

Women today - not only are we under pressure to look good, but we are supposed to feel good too... our stomachs should be flat, our breasts perky, we should be cellulite free and our outer thighs should be toned.

Spending millions of dollars, thousands undergo cosmetic surgery each year, the most popular improvement being breast implants with liposuction a close second.

Well, there is an alternative... a cheaper, effective way that will achieve similar results without risks. This workout plan has no side effects, can be done at home and will make you look and feel amazing!

The **Nip & Tuck Workout** is designed by a leading fitness expert and aims to give all levels of ability a whole body makeover that is both natural and invigorating.

Sections

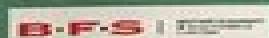
- Posture
- Weight loss, Nutrition and Cellulite
- Fat Burning Workout
- Legs
- Pert Bottom
- Bust Lifting and Firming
- Under Arm Toning
- Tummy Tuck Workout
- Face and Neck



Approx. 102 mins. col.

An IMC Vision Production

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The Nip Tuck Workout

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