

# 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

**CH Cherryholmes**



## **Slimming Your Hips Thighs And Butt:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Slimming Your Hips Thighs And Butt** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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