

By Ann Dugan and The Editors of Consumer Guide

Slimming Your Hips, Thighs, & Butt



Now you can control those trouble spots once and for all. Our 30-minute program of daily exercises will trim and firm you from your waist to your knees. With this book, you can regain your beautiful figure in just a few weeks.

Slimming Your Hips Thighs And Butt

Dr. Underwood



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