

# SLIMMER LEGS WORKOUT



One-legged bridges  
3x15



Side leg raises  
3x15



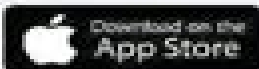
Standing side  
leg raises  
3x15



Glute bridges on chair  
3x15



Adductor raises  
3x15



Better Me.

# Slimming Your Hips Thighs And Butt

**The Editors of TIME**



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

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Experience Love's Journey in **Slimming Your Hips Thighs And Butt** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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