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TONING FLOOR WORK FOR THE ABDOMINAL MUSCLES, UPPER AND LOWER BODY

Lift, tighten, and shape all three major problem areas (hips, buttocks and thighs) with this intense workout. Three factors make these routines as effective as they are popular. 1. Performed entirely while lying down, this workout allows maximum-intensity concentration (and muscle toning) by focusing on one body part at a time. 2. Continue to grow stronger and shapelier by gradually increasing ankle weights to five pounds. 3. The FIRM's unique (but optional) trick of adding dumbbells (3-12 lbs.) to "floor" exercise adds the ultimate level of intensity and results—especially for the buttocks. Master Instructor Tracie Long leads these tested, proven routines compiled from The FIRM's acclaimed *Tortoise & Hare* Cross-Trainer workouts.

Specifications:

Abdominals:	14.0 minutes
Upper Body:	1.5 minutes
Lower Body:	15.0 minutes
Abdominal:	3.5 minutes
TOTAL:	34.0 minutes

Equipment:

Dumbbells (3-15 lbs.)
Ankle Weights
Towel



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The Firm Sculpted Buns Hips And Thighs

Tom Seabourne, Thomas Seabourne



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