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The Little Butt & Thighs Workout Book (Little Book)



Synopsis

With the newest "little book" in the series, it's easier than ever to get thinner thighs and a tighter tush. Line drawings throughout.

Book Information

Series: Little Book

Paperback: 192 pages

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Language: English

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Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #2,453,028 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts

Customer Reviews

Erika Dillman is the writer, editor, and producer of an online product review guide at www.fitnessstravelgear.com. She has written health, fitness, and travel articles for a variety of national publications and websites, including "Ms.," "Runner's World," "Self," and "Women's Sports & Fitness Magazine." She is the author of "Outdoors Online: The Internet Guide to Everything Wild & Green" and the popular Little Book series, which includes "The Little Pilates Book" and "The Little Yoga Book."

Sorry it has no photos. Sorry I bought it.

Just received this book a couple of days ago. I just finished reading it today. It is an easy read. It has a lot of information packed into it. Very informative; well written. She has four different workouts; progressively going from easier than harder to harder. I really don't classify any of them as easy. These exercises really target the hard spots. She included diagrams for the exercises. If anyone is looking to shape their thighs or [...], this book is highly recommended by me. I love it so much that I'm recommending it to my friend!

The book was as described, & shipped right on schedule

As a Pro Trainer, I'm a strong advocate of simple fitness programs - this helps people 'stick with it'. No gym memberships or expensive machines needed here - just a little consistency & commitment. If you are just starting out or need something for a tight schedule - check this one out. Joey Atlas - The Wizard of Fitness[...][...]

This is the first fitness book that I have ever bought, and I am so happy that I did. The exercises are so simple, easy, and best of all... THEY WORK!!!! This book not only has great exercises, it has so much great information about the exercises and the muscles they are meant for!

This little book is full of great information! The exercises are easy to understand and the section on nutrition and weight loss was fantastic.

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Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) The Little Butt & Thighs Workout Book (Little Book) How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! Bellydancing for Fitness: The Sexy Art That Tones Your Abs, Butt, and Thighs BANISH YOUR BELLY, BUTT AND THIGHS (FOREVER!) The Real Woman's Guide to Permanent Weight Loss Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New

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