



Ten Minute Hips & Thighs (Ten Minute Series)

Chrissie Gallagher-Mundy

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The newest title in the popular Ten Minute series targets two areas of the body that most women would love to fix: wide hips and flabby thighs. Tighten them right up with a proven set of exercises that will help build a leaner, more toned, and fit figure in practically no time at all. Anyone—no matter how busy—can make room for these more than 50 simple but highly effective routines. They are accompanied by advice on general fitness and healthy eating, and each exercise is presented with illustrations and detailed instructions on exactly how to perform it. There's advice on figuring out just the right program for your particular body type, and fantastic tips for getting rid of that unwanted fat for good. From a pli  (deep knee bend) aimed at toning the inner thighs to twisty stretches and kicks to shrink those hips, these exercises will work miracles.

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