



# **Bye, Bye Hams; Hello Hips: A Complete Exercise Guide to the Hips and Thighs of Your Dreams (Volume 1)**

*Mr. Lynn Pierre Jones Jr.*

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## **Bye, Bye Hams; Hello Hips: A Complete Exercise Guide to the Hips and Thighs of Your Dreams (Volume 1)** Mr. Lynn Pierre Jones Jr.

The one part of every woman's body that she pays special attention to is the region around her hips and thighs. You desire that your skirts and dresses all fall just right. You need for your jeans and shorts to not make you look larger than you really are. Black is a wonderful color, but you would love to have a variety of colors in your closet, without the fear of them making you look too big. If you are looking to perfect your hips and thighs this is the program for you. Implement this program in your exercise routine and you will see increased tone and improved shape in minimal time.

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