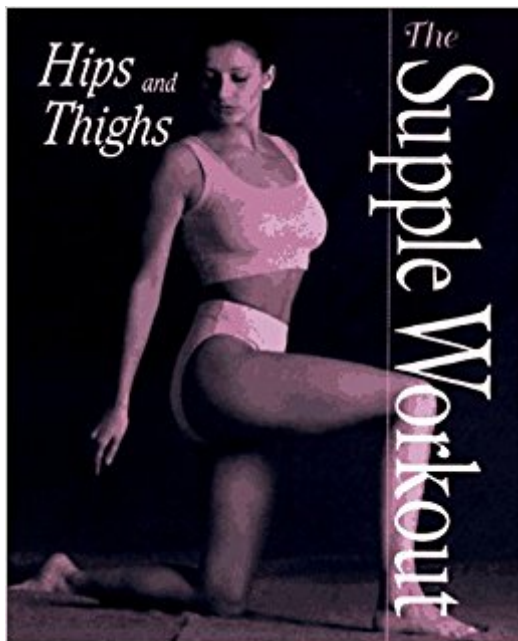


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Hips And Thighs (Supple Workout Series)



Synopsis

British physiotherapist Mark Bender employs stretching and toning techniques from around the world to show readers how to improve the hips and thighs. This is a sensible, easy-to-use plan for reducing, toning and firming. 120 photos.

Book Information

Series: Supple Workout Series

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