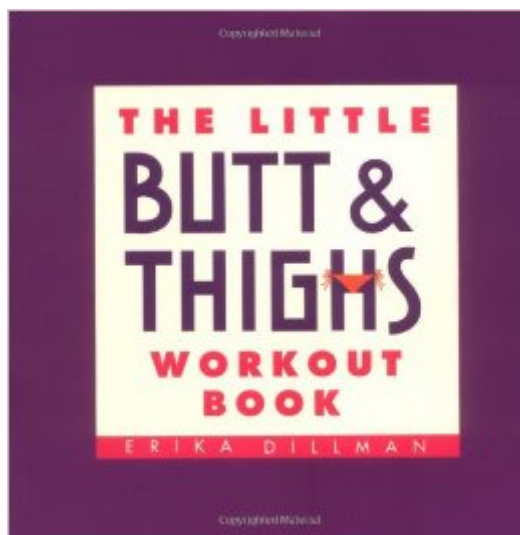


The book was found

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

Publisher: Grand Central Publishing (March 1, 2005)

Language: English

ISBN-10: 0446679984

ISBN-13: 978-0446679985

Product Dimensions: 5.5 x 0.4 x 8.5 inches

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

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #2,061,373 in Books (See Top 100 in Books) #82 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts

Customer Reviews

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!

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!

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

The book was as described, & shipped right on schedule

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