



Thin Thighs in 30 Days

By Wendy Stehling

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Thin Thighs in 30 Days, Wendy Stehling, This is the inspirational number one bestseller. Based on the very latest diet and fitness research, this classic "New York Times" bestseller is fast, fun and effective - and in three simple steps it shows you how you can have the super sexy, thin thighs you've always wanted. The work off - whatever your level of fitness, here you will find proven exercises, and stretch and tone programme that packs a punch in terms of its fat-busting, muscle-toning power. The walk off - discover all-important tips on how to make every step count. There's even an interval-training component to help you get more bang for your exercise buck! The weight off - a simple diet plan, up-to-the-minute nutritional advice, will help you to maximize your exercise programme and reach your goal. Fully illustrated and complete with a set of diaries to help you to keep on track, this bestselling diet and exercise programme provides all you need to achieve your ultimate dream - "Thin Thighs in 30 Days".



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Reviews

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