



## Thighs and Hips (6 Minute Morning)

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# Thighs and Hips (6 Minute Morning)

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**Thighs and Hips (6 Minute Morning)** Parragon Books

If the hectic pace of daily life prevents your thighs and hips getting the exercise they need to stay in tip-top shape, then this book could be the solution. It contains quick, easy-to-follow exercise routines for toning and firming thighs and hips in the comfort of your own home.

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