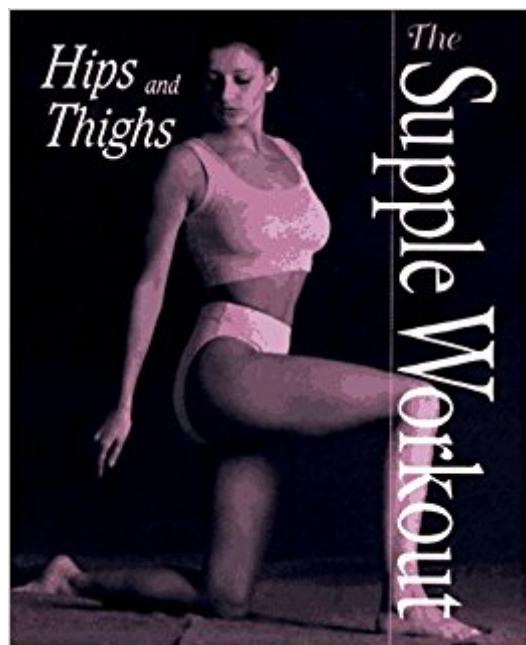


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# Hips And Thighs (Supple Workout Series)



## 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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