

Fanny Firmer: How to Shape up Hips and Buttocks for a More Youthful Looking You (Guide Books Great Body Series, 8603. 14300)



If your rear view has you worried, this is the book for you! You can follow an exercise experts advice to develop a daily workout that will tighten and reshape hips and buttocks to give you a firmer, more youthful look. Heres a complete program - including warm up and cool down moves - designed to trim and firm those problem curves. Easy to follow instructions, combined with pictures, turn exercising into fun with a purpose. Put that flabby fanny behind you NOW! -- cover.

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