



Butt Workout (6-Week Plan): The Best Butt Workout Guide and Butt Workout Routines to Give You the Lifted Butt You've Always Wanted (Paperback)

By Leanne Wiese

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted Have you always wanted a toned, lifted and gravity defying butt? If you're a woman I'm going to assume the answer is YES! I have good news for you then, you've found the best book for getting the ass of your dreams As a personal trainer at an all woman's gym, I understand the struggle that we put ourselves through to achieve our fitness dreams. My goal in this book is to provide you with the best information in a concise and organized manner. Get This Book Now and Receive The Following: - 4 Amazing Fitness Tips - Fantastic Dieting Advice - Blueberry Booster Smoothie Recipe - Touch of Tropics Smoothie Recipe - Green Beast Smoothie Recipe - Quinoa Breakfast Beauty Recipe - Kale Spinach Super Salad Recipe - Tuna Treat Recipe - In Depth Explanations of Every Key Big Booty Exercise - A Detailed 6-Week Training Schedule That Will Make...



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