



Tight Buns, Trim Thighs: The Bottom-Line Exercise Program to Firm and Shape the Lower Body

Karen Amen

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Now the author of *The Crunch* focuses on the favorite target zone of women who want to be in great shape--buns and thighs! *Tight Buns, Trim Thighs* is a dynamic shape-up program that sculpts the muscles of the lower body through five easy-to-follow workout plans designed to shape the buttocks, hips and thighs. Includes 130 photos.

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