



17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series)

Andy Charalambous

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You don't need to kill your butt and thighs with a daily 1 hour workout session but if you truly want to change the way they look you do need to follow the correct exercises. With the right program and a little determination you can turn your body into a fat burning furnace while toning and shaping your butt and thighs all in 17 minutes. That is the purpose of this third book in the series that focuses on improving the lower half of a woman's body. So whether you have a big butt, small butt, flat butt, cellulite butt, chunky thighs, skinny thighs, shapeless thighs or whatever else you are not happy with there will be a solution for you here. Many women feel that their butt and thighs need the most attention; and I am not talking about getting attention from men; that is a no brainer. I am talking about incorporating the right exercises and nutrition plan to help you to reach your toning goals. The exercises in this book will help strengthen your buttocks muscles, which will serve both aesthetic and functional purposes for your body. You will have a lean, tight butt that will benefit you in a number of areas: For your butt: · Your body will be more aesthetically pleasing - You will look better in and out of your clothes. · You will prevent or have a reduction in any back pain - Go about your daily tasks without ever feeling pain. · Strong, tight butt muscles will take longer to fatigue - That means you can do more activities for longer periods of time. · Reduced risk of injury - Strong butt muscles will protect the your whole body from problems such as shin splits, sore back, foot problems and knee issues. · There will be a massive boost to your self-confidence - If you are struggling with your body image this will help you a lot. You will start looking better in your clothes and feeling better about yourself. For your thighs: · You will firm up your flabby thighs - By reducing the amount of body fat from your whole body. · There will be greater muscle tone and strength – This will not only make your thighs look amazing but also allow them to function better. · The exercising will help you increase and restore bone density – This will fight against osteoporosis by building and maintaining strong bones. · Your stamina and endurance will be improved greatly – You will find yourself breezing through your daily chores and activities. · Your balance and co-ordination will improve – Leg exercises use the whole body including the core which helps to stabilize and reduce the risk of falling. · You will look and feel better - Whether you are in a bikini, jeans, dress or bare as the day you were born. All this for just 17 minutes a day! Even the busiest of women can spare just under twenty minutes a day.

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