



Tone Every Inch: The Fastest Way to Sculpt Your Belly, Butt & Thighs (Paperback) - Common

Edited by Prevention Magazine Editors By (author) Natalie Gingerich Mackenzie

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Offers easy-to-follow cardio routine and an optional (yet optimal) eating plan to help readers tighten trouble areas while simultaneously shedding pounds and boosting energy - in just 30 minutes a day.

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