

**Shape Your Butt And Thighs: Weight Loss & Body
Sculpting Exercises That Will Shred Fat & Develop A
Tight Butt And Firm Thighs (Fit Expert Series) [Kindle
Edition] By Andy Charalambous**

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Targets: Quads, inner and outer thighs, butt, hips, back, shoulders, and biceps. While walking, turn so that your right side is facing "forward" (or uphill), fists

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