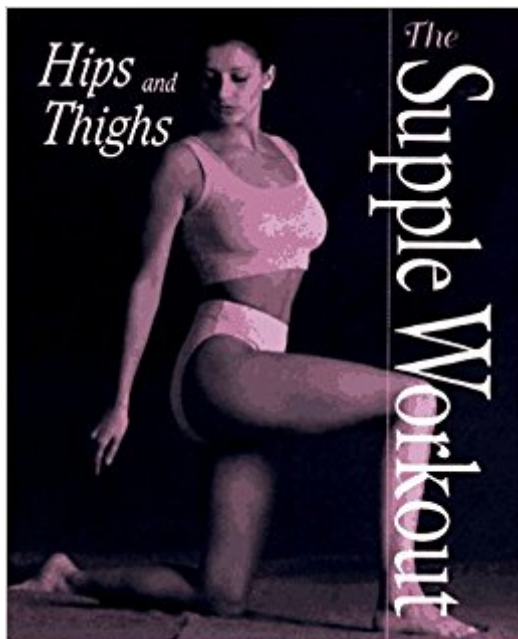


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# Hips And Thighs (Supple Workout Series)



## Synopsis

British physiotherapist Mark Bender employs stretching and toning techniques from around the world to show readers how to improve the hips and thighs. This is a sensible, easy-to-use plan for reducing, toning and firming. 120 photos.

## Book Information

Series: Supple Workout Series

Paperback: 80 pages

Publisher: Macmillan General Reference; United States ed edition (October 1996)

Language: English

ISBN-10: 0028613465

ISBN-13: 978-0028613468

Product Dimensions: 0.2 x 9 x 11 inches

Shipping Weight: 12.8 ounces

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