



## Home Leg Workouts for Women: One-Minute Moves to Help You Get Leaner, Stronger, Faster

By Amber O Connor

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Leaner, Stronger, Firmer Legs.No Gym Required!If you re a busy lady, have zero interest in lengthy workouts nor the cash to spend on a pricey gym membership, but still want to incorporate regular exercise into your life, then no problem!With a little time and a few simple props, you can easily achieve a leaner, stronger set of jiggle-free pins in the comfort of your own home. Home Leg Workouts for Women is a clear and concise resource for women who want a simple way to tone up hips, thighs, glutes and legs - minus the hours in the gym, and the bulky expensive equipment. It contains a selection of effective moves designed to fit into short daily routines, which can be easily incorporated into even the most hectic days.With step by step instructions and lots of illustrations, you won t find any gimmicks or shortcuts, just easy to follow exercises to help strengthen, slim and tone your lower body trouble spots.In our fitness book guide you ll discover: Living room friendly exercises for beginners: Sculpt, strengthen and tone...



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