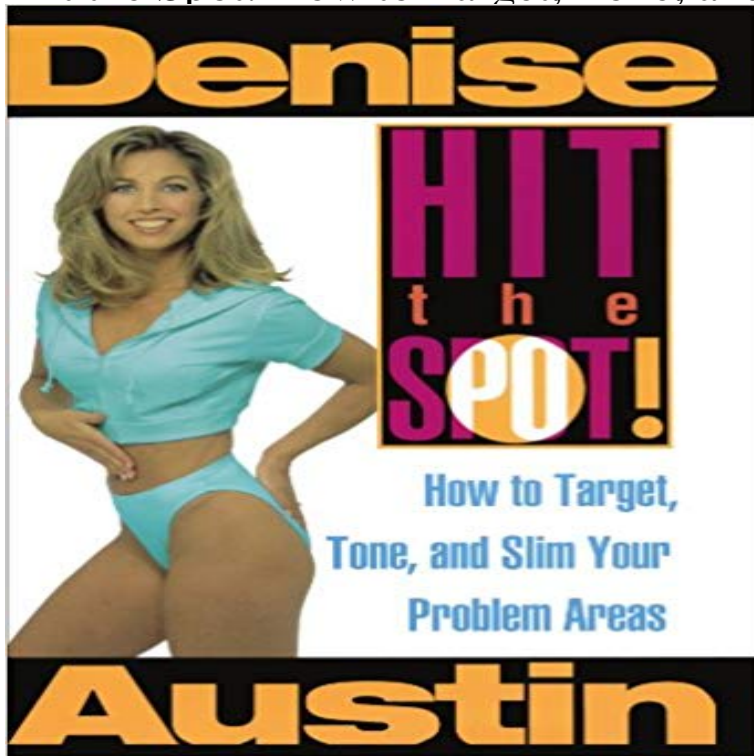


Hit the Spot: How to Target, Tone, and Slim Your Problem Areas



Do you want to look good in a bathing suit this year? Do you want to have a firm, flat stomach? Do you have problem areas that need to be toned and shaped up? Do you want to get rid of cellulite? Hit the Spot! is a complete program to target and tone your problem areas, written in an upbeat, easy-to-follow style by Americas #1 fitness authority, Denise Austin. Denise Austin has spent her career helping people get energetic and fit, and now she zeroes in on the problem areas that cause the most concern for people. Hit the Spot! includes clear instructions and photos for exercises to firm and shape your: Waist/ Hips and Thighs/ Upper Arms and Bust/ Buns Denise offers positive thoughts and tips for success, including exercises you can do to lose inches from hips, thighs, waist, and other areas, as well as advice on clothes that make you look thinner instantly. She even includes a seven-day diet to improve the look of specific areas of your body. Dont be afraid to wear that sexy suit on the beach this summer...Hit the Spot!

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It really works to tone your body, but you defnately need some strength to . through a series of quick moves designed to target trouble spots in the least time possible. **Hit the Spot : How to Target, Tone, and Slim Your Problem Areas by** Rated 4.6/5: Buy Hit the Spot: How to Target, Tone, and Slim Your Problem Areas by Denise Austin: ISBN: 9780684802183 : ? 1 day delivery for **Hit the Spot!: How to Target, Tone, and Slim Your Problem Areas by** Hit the Spot: How to Target, Tone and Slim Your Problem Areas e un libro di Denise AustinSimon & Schuster : acquista su IBS a 13.72! **Hit the Spot : How to Target, Tone, and Slim Your Problem Areas by** Hit the Spot! is a complete program to target and tone your problem areas, written in an upbeat, easy-to-follow style by Americas #1 fitness authority, Denise **Hit the Spot: How to Target, Tone, and Slim Your Problem Areas - Google Books Result** This book is in excellent condition. Free media shipping. 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