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Thin Thighs is designed for women who are looking to specifically sculpt and tone the thigh area for shapelier legs.

Helping men and women increase energy and self-confidence by not only looking better, but feeling better, these pocket guides by fitness celebrity Matt Roberts target the body parts that men and women most want to sculpt, tone, and shape. Each book contains special workout sequences that combine special resistance exercises, cardio workouts, and stretching techniques. Throughout the books, Roberts offers encouragement and advice for getting the most from the workouts as well as helpful tips for healthy eating and answers to common fitness questions.

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