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Controlling Hip & Tummy Fat Through Yogactivity

Kareen Zebroff

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Controlling Hip & Tummy Fat Through Yogactivity Kareen Zebroff
In this book, bestselling author and TV star Kareen Zebroff shows you how you can get rid of unsightly layers of hip and tummy fat without undue strain, and according to your fitness level and age. The exercises are illustrated with color photographs.

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