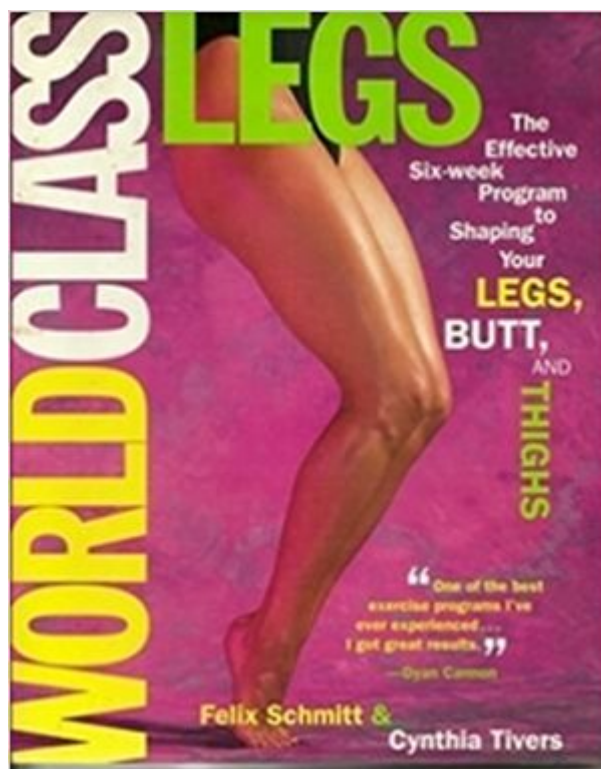


The book was found

World Class Legs



Synopsis

Schmitt, Hollywood's hottest trainer, whose great fitness tips are usually reserved for celebrities, presents a specially designed six-week program that will give men and women the secrets that stars have successfully used to achieve "world "world class" legs. Photos.

Book Information

Paperback: 144 pages

Publisher: Fireside (January 4, 1994)

Language: English

ISBN-10: 0671870254

ISBN-13: 978-0671870256

Product Dimensions: 0.5 x 7.2 x 9 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #2,481,131 in Books (See Top 100 in Books) #100 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #152691 inÂ Books > Medical Books

Customer Reviews

After these exercises my butts, thighs, legs look better then they looked when I was a high school student. Amazing! :)The more you do the program of exercises the more you are inspired by the changes in your look.If you want the results you have to follow all the instructions carefully and you have to be hard on yourself. This program does miracles with your legs if you do "work your butts" :)Good luck!

This program of exercises is definitely not for lazy people.But if you really follow all the instructions you WILL get perfect results in a couple of weeks. The more you work on it, the more you are inspired by changes in your look.I'm 26. Now my butts, thighs, legs look better then they looked when I was 15 :) Amazing!Highly recommended.(A little secret: You have to be hard on yourself doing the program)Good luck!

This book is actually a replacement because mine was ruined in a flood. I like this method very much; it is very effective. The book is great!

I checked this book out of my local library, and used it for the specified time; three times a week for

30 minutes. The exercise directions are clear, and best of all, the exercises themselves do not require much space or equipment; just a chair and a rubber ball. With the help of this program, I was able to fit into my wedding dress!

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