



# **Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only**

*Laura Dayton*

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Day by day, this very distinguished exercise program is for women to get rid of that stubborn fat that seems resistant to every other program. Middle-age fat, genetic fat (thanks mom!), low belly fat, and especially the hip, rear and thigh fat that makes your body look like a pear!

The program is one of a kind, based on years of research in the bodybuilding, figure skating and dancing fields. Old rules are thrown out and this new program allows women to weight train for weight loss, not muscle size! Everything is spelled out and there is a complete exercise index with photos and descriptions.

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