



8 Minutes in the Morning for Lean Hips and Thin Thighs

Jorge Cruise

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From the bestselling author of 8 Minutes in the Morning and 8 Minutes in the Morning for Maximum Weight Loss, a proven programme for anyone who wants to trim inches from their hips and thighs in less than 4 weeks. In this latest addition to his highly successful programme, Jorge Cruise adapts his '8 Minute' formula to focus on hips and thighs. He shows you how to motivate yourself; how to build lean muscle and sculpt your hips and thighs with his Cruise Moves; what to eat to create your new body; and how to maintain your new muscles. The fat that tends to accumulate on the hips and thighs is probably the most stubborn type of fat to shift that there is. But with Jorge Cruise's 8 Minute plan you're sure to get results.

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