

Firm Butt! Thinner Thighs!

fitness

LOSE THE FAT

*The #1
Way to
Burn More
in Less
Time*

*Love Life MIA?
Bring Your SEXY Back, p. 102*

*Your Diet Downfalls
SOLVED*

*Beauty Tricks
to Fake a Full
Night's Sleep*

Power Up Your Body

*The New Rules
for Better, Faster
Workout Results*

*What to Cook
When You're
Crazy Busy*

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