



The FIRM

BODY SCULPTING SYSTEM

RESULTS IN
10
WORKOUTS

*burn
sculpt
tone*

AS SEEN ON
TV



SYSTEM
INCLUDES

- 3 DVD's (Workouts)
- 30 Day Nutrition Calendar
- Exercise & Nutrition
- 10 Minute Sculpt Workout
- Body Sculpt Workout
- 10 Minute Workout

3 WORKOUTS
ON **1** DVD

Firm Your Fanny

Elizabeth Cleghorn Gaskell



Firm Your Fanny:

Embark on a transformative journey with is captivating work, Grab Your Copy of **Firm Your Fanny** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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