

The FIRM

BODY SCULPTING SYSTEM



*burn
sculpt
tone*



SYSTEM
INCLUDES

• 3 Resistance Bands
• 3 Stability Blocks
• 1 DVD

• 1 Angle Board
• 1 Body Sculpt Manual
• 1 DVD Case

**3 WORKOUTS
ON 1 DVD**

Firm Your Fanny

Elizabeth Cleghorn Gaskell

Firm Your Fanny:

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