



The FIRM

BODY SCULPTING SYSTEM

GUARANTEED
RESULTS IN
10
WORKOUTS

**burn
sculpt
tone**

AS SEEN ON
TV



**SYSTEM
INCLUDES**

- 3 DVD's (Workouts)
- 30 Day Workout Calendar
- Exercise Kit (Resistance Bands)
- 1 Step Platform (Step)
- Body Sculpting Mat
- 10 Day Quick Start Guide

**3 WORKOUTS
ON 1 DVD**

Firm Your Fanny

Michael Seilmaier



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