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Ultimate Buns

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Created for REDBOOK by Judi Jenre, one of New York's top fitness instructors, **ULTIMATE BUNS** will tone and define the muscles of your derriere with a series of simple yet effective exercises. The workout includes:

- A warm-up to help ensure a safe, effective workout
- A series of exercises designed to tone the muscles of your buttocks, hips and thighs
- Stretches to help minimize next-day soreness
- Special instructions that let you adapt the exercises to your fitness level.

Combine this program with others in the REDBOOK Workout Series, as well as a sensible diet, and you'll be amazed at how quickly you see results.

COLOR, 30 MIN.

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without revealing critical twists A unified Analysis examines recurring motifs and stylistic hallmarks across the collection tying the stories together while spotlighting the different work s strengths Reflection questions inspire deeper contemplation of the author s overarching message inviting readers to draw connections among different texts and relate them to modern contexts Lastly our hand picked Memorable Quotes distill pivotal lines and turning points serving as touchstones for the collection s central themes

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