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Are your buttocks as firm and shapely as you'd like them to be? If not, then ULTIMATE BUNS is the workout for you.

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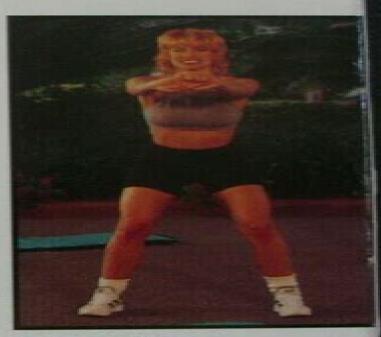
Combine this program with others in the REDBOOK Workout Series, as well as a sensible diet, and you'll be amazed at how quickly you see results.

COLOR, 30 MIN.

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