

A woman with blonde hair, Denise Austin, is sitting on a large pink exercise ball. She is wearing a white tank top and is smiling at the camera. The background is a soft, out-of-focus indoor setting.

# DENISE AUSTIN

THE BESTSELLING AUTHOR OF THE TV SERIES *LOSE IT!*

## SCULPT YOUR BODY

## WITH BALLS BANDS

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# Sculpt Your Body With Balls And Bands

**Crystal Andrus**



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