PLEASE CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM.



RED BOOK WORKOUT SERIES Ultimate Buns

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
- 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.

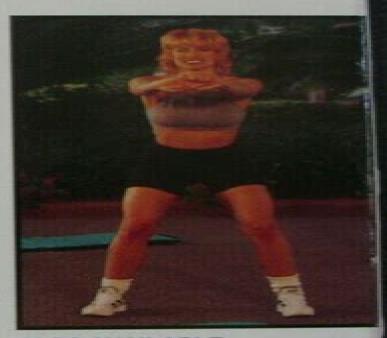
Combine this program with others in the REDBOOK Workout Series, as well as a sensible diet, and you'll be amazed at how quickly you see results.

COLOR, 30 MIN.

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ALSO AVAILABLE:
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Choreographed and Performed by Judi Jenre, A.F.A.A. Certified Fitness Instructor. Activewear provided by Moda Prima.

Redbook Ultimate Buns

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