Thin Thighs in 30 Days

By Wendy Stehling

Penguin Putnam Inc, United States, 2010. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. A revised and updated edition of the New York Times - bestselling diet and fitness classic. Wendy Stehling, a former advertising executive, crafted this astonishingly effective program after polling all the many models and dancers she worked with on a daily basis as to how they achieved and maintained their enviable slender thighs. One of the simplest and smartest diet/fitness thigh-trimming methods known to womankind. The Thin Thighs in 30 Days singular, three-pronged approach consists of: *The Work-Off: six essential leg exercises to be performed each day for thirty days *The Walk-Off: a brisk walk to be taken each day for thirty days *The Weight-Off: a calorie-counting program to be followed each day for 30 days And the results? They re indisputable! Fully revised and updated according to the latest in diet and fitness research, and with new leg exercises that pack even more fat-busting, muscle-toning punch, this new edition of Thin Thighs in 30 Days is destined to inspire a whole new generation of women to believe that they too can have thin thighs in thirty days.

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