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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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