



Shape That Butt!: 15-Minute Daily Workouts To Get Your Dream Shape (Butt Workouts, Exercise, Healthy Eating, Clean Eating, Lean Muscles, Weight Loss)

Kristy Graham

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Do you want to Achieve your Dream Shape without Paying Thousand of Dollars?

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Getting the shape you want could be really frustrating and will require lots of time! But with this guide, it would only take you 15 minutes a day! Sounds great, right? You'll learn some tips and tricks that not only ensure a good workout, but also help you integrate fitness as part of a healthy lifestyle.

This will include:

- Fitness motivation
- Snacks to eat
- Habits to avoid
- Tips and tricks for successful workouts
- Butt workouts
- Setting your goal to your dream shape

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