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# **Fantastic Legs & Thighs**

Monica Grenfell



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## Fantastic Legs & Thighs

Monica Grenfell

### Fantastic Legs & Thighs Monica Grenfell

One of four mini books designed to home in on a key body area, showing readers how to keep it fat-free and firm. Each book includes exercises, care and maintenance, and a section on superfoods.

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