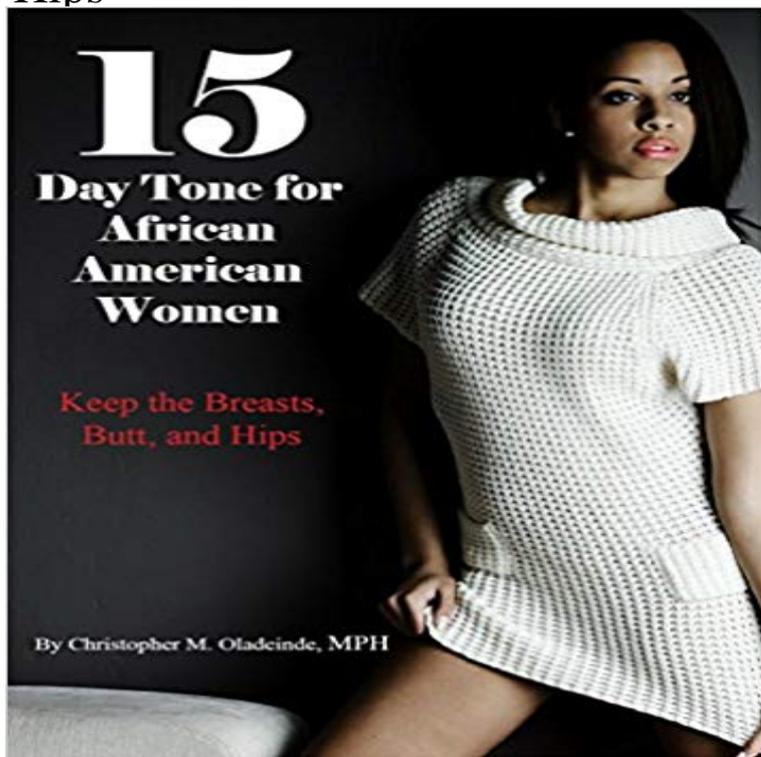


## 15 Day Tone for African American Women: Keep the Breasts, Butt, and Hips



Many African American women tend to avoid exercise for the fear of the loss of breasts, butt, and other favorable characteristics that define their characteristics or personality. But, have you ever looked at those women on the front page of vogue and wondered how they managed to get such perfect bodies or is it even possible? Have you ever envied their flawless figures? Well of course you have! And why shouldn't you? An immaculate body is what every woman desires to get these days and they would go to any extent in order to attain that level of perfection. If any such thought has ever crossed your mind then you deserve to get enlightened by this book. If you have given up on your dream of becoming the irresistible women with a flat tummy and those breath-taking legs, then boost your energy up. Don't let go of your dreams. You are worth it and nothing is impossible to attain if you have the right kind of energy to pursue your dreams. Just follow the instructions that are being mentioned and we assure you that you will see a visible difference in your body in just a limited time of fifteen days. Breasts, butt, and thighs will decrease in size to a certain degree by decreasing obtained fat cells through the years for the return of heightened energy, increased social activity, and increase regulatory menstrual cycles. As a previous personal trainer and researcher, I have noticed and effectively worked with African American women to decrease fat and in return increase fitness. Within this book, I instill my techniques and researched ways to effectively decrease fat within this population. So grab your copy of this book and go for it!

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