



# **Butt Workout & HIIT Box Set: How To Get The Most Voluptuous Butt in 30 Days Or Less - A Beginners Guide To Losing Weight And Sculpting Perfect Curves For Women!**

*Riley Simpson, Richard Harris*

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## **Butt Workout & HIIT Box Set (2 IN 1 BOX SET)**

### **BOOK 1: Butt Workout: How To Get The Most Voluptuous Butt in 30 Days Or Less - The Ultimate Guide To Sculpting Perfect Curves With Butt And Leg Exercises For Women!**

This book is all about having fabulous buttocks! If you've wondered for a long time how to get that curvy bum look and have tried everything with no results then try this book!

This book will guide you to using easy and simple methods for that prize of a voluptuous backside. You will learn how to properly execute these methods with guaranteed results and you won't have to break an arm or leg or attend ridiculous surgeries to get that long lasting and firm butt!

#### **Here is a preview of what you'll learn:**

- Proper and effective exercises.
- The right diet plan.
- And plenty more insider secrets!

### **BOOK 2: HIIT: High Intensity Interval Training - A Beginners Guide To HIIT Workouts and Exercises To Lose Weight And Gain Muscle Fast!**

This is a guide designed to help people learn more about High Intensity Interval Training (HIIT). It includes detailed workouts, as well as complete guidance for individuals who have not previously HIIT. HIIT is one of the most intensive workouts in the world at present, and gives very fast results.

If you are looking to lose weight and stay fit, HIIT is a fantastic form of training for you to explore.

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