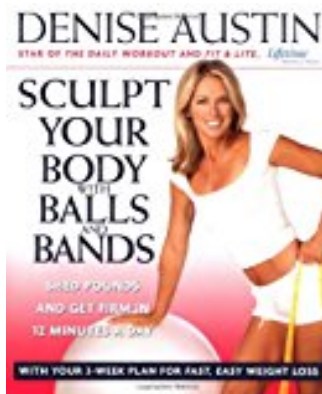


# **[PDF] Sculpt Your Body With Balls And Bands: Shed Pounds And Get Firm In 12 Minutes A Day (With Your 3-Week Plan For Fast, Easy Weight Loss)**

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## Description:

**About the Author** Denise Austin, in addition to her enormously popular fitness programs on Lifetime TV, offers regular fitness advice to readers of America's #1 health magazine, *Prevention*, in her column *Shape Up with Denise Austin*. She lives in Alexandria, Virginia.

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