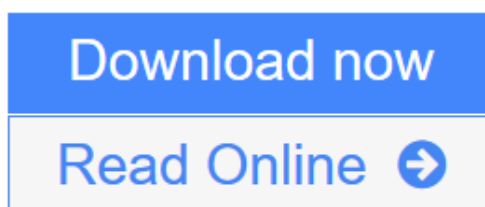




**Weight Loss For Women Box Set: 33 Tips to Improve Your Hips, Waist, & Buttocks Combined with the Guide For Mastering 15 Bodyweight Exercises For Women ... bodyweight training and workouts)**

*Jennifer Smith, Frank Jackson*



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## **BOOK #1: Weight Loss For Women: 33 Tips to Improve Your Hips, Waist, & Buttocks**

Losing weight can be a huge struggle for most women. With so many fad diets and exercise trends that promise to slim your hips, tone your butt and reduce your waist it can be overwhelming trying to figure out where to start your own weight loss plan. Some women end up taking drastic measures to drop the pounds by getting risky surgeries. Some spend hundreds of dollars on gym memberships, exercise equipment or diet planning kits. You can easily get the same results by making conscience changes to your everyday routine and sticking to an effective workout that does not cost any money or require hours of sweat at the gym. *Weight Loss For Women: 33 Tips to Improve Hips, Waist & Buttocks* covers a variety of effective weight loss tips that ensures achievable results.

If you, like so many other women struggle to cut fat from your midsection this book will help you finally see results for an improved body. Any women can put the tips in this book into practice for the body they have been not been able to attain from their previous weight loss attempts.

### **Examples of the tips and topics covered in this book include:**

- Dieting Tips. Simple Lifestyle Changes to boost your weight loss
- Exercise targeted to shape up your butt
- Core focused exercises to slim your waist
- Hip trimming exercises

## **Getting Your FREE Bonus**

## **BOOK #2: Bodyweight Training: The Advanced Guide For Mastering 15 Bodyweight Exercises For Women**

Staying fit has become more popular as people become more aware of the health risks associated with obesity and poor lifestyles. This is even more so for women. Engaging in various bodyweight training activities can ensure one to remain healthy and to an improved quality of life. Nevertheless, you must find a type of bodyweight training activity that you take pleasure in performing to reap maximum results. In this book, we will review all of the acceptable bodyweight training activities that will help women get in shape without having to lift heavy weights.

### **Here are just a few things this great book has to offer:**

- This book will take you on an all-access pass to learning the ins and outs of bodyweight training.
- It will prepare you before your workout and for all after workout routines and methods.
- It will also give you the best exercises that bodyweight training has to offer.

So, throw they old rusty weights out of the window! There's no need in picking up any weights or sweating it out in some line at the squat in your local gym. You can get the same results from these bodyweight training tips and methods.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

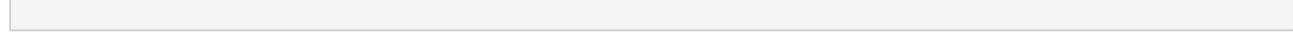
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**Daniel Love:**

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**Kyra Franson:**

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