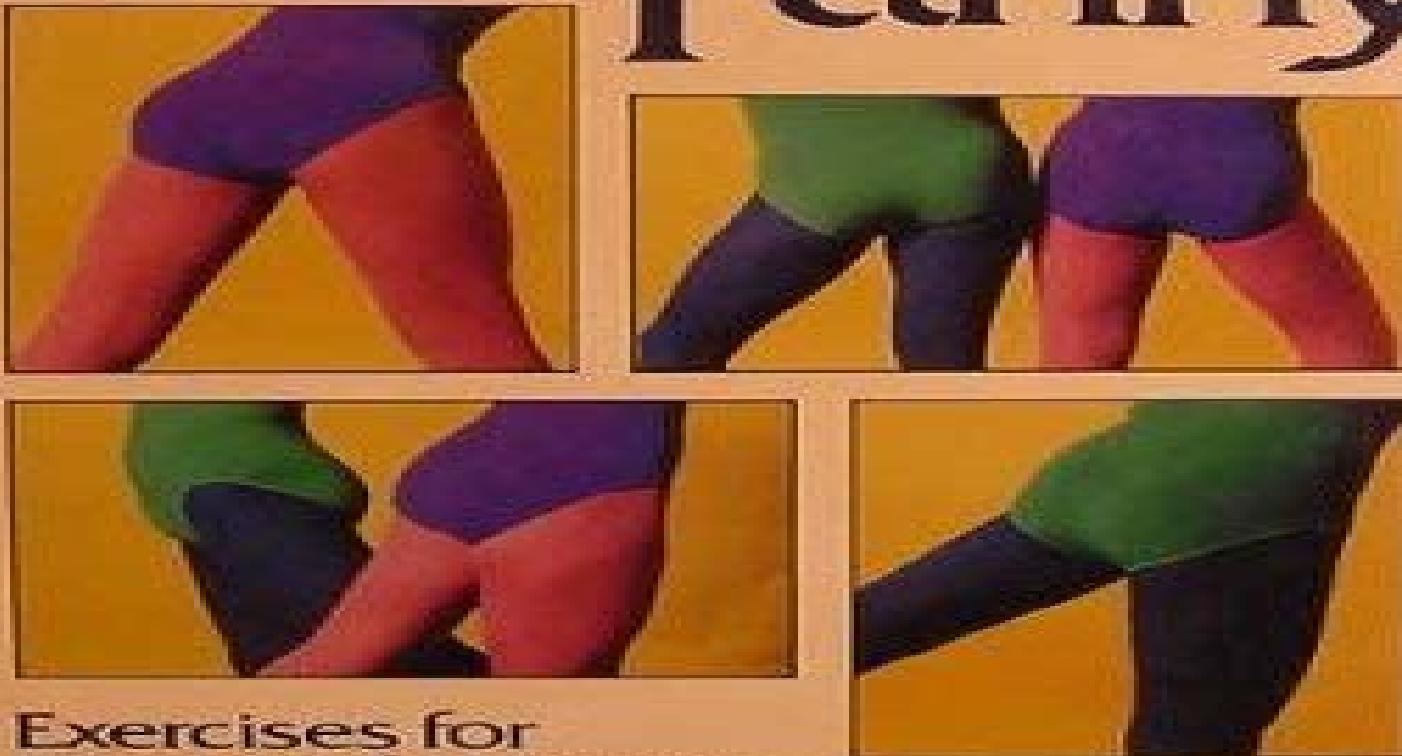


# Firm Your Fanny



Exercises for  
Men and Women

**Elizabeth Moreno**

# Firm Your Fanny A Perigee

**Jin-Ying Zhang**

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