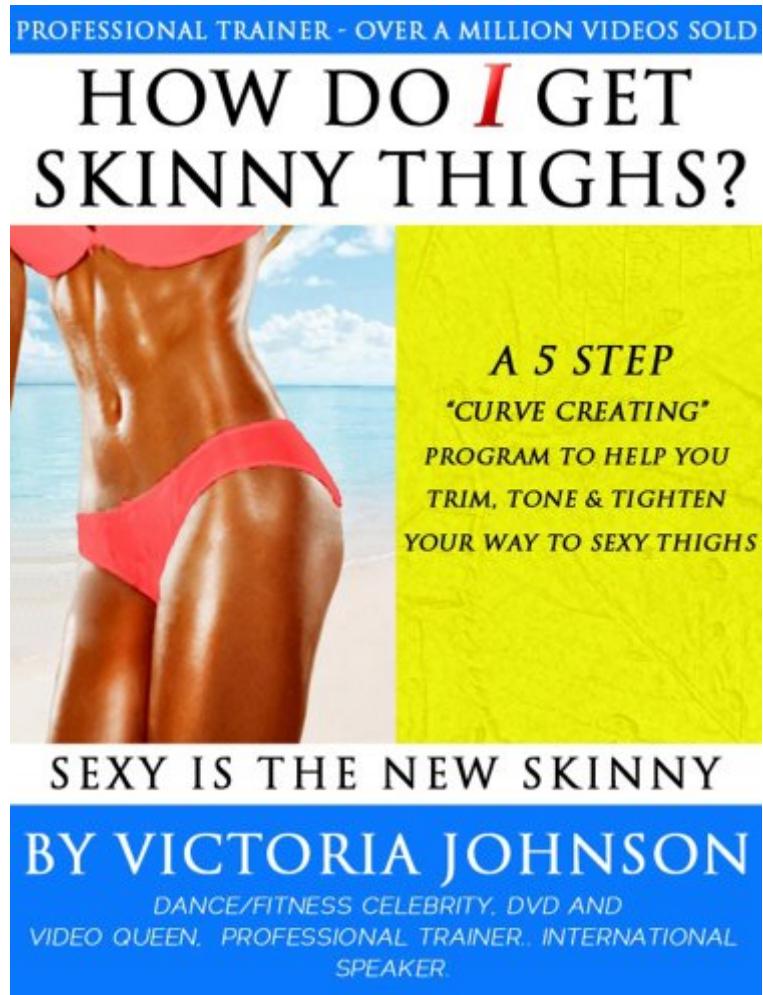


The book was found

# How Do I Get Skinny Thighs



## Synopsis

How Do I Get Skinny Thighs?By Victoria Johnson Dance/Fitness Celebrity DVD And Video Queen. Professional Trainer. International Speaker With Over 1,000,000 Videos Sold. Sexy is The New Skinny. A 5 Step Curve Creating Program To Help You Trim, Tone & Tighten Your Way To Sexy Thighs! ARE YOU TIRED OF YOUR PANTS AND SKIRTS BEING TOO TIGHT? ARE YOU TIRED OF HATING THE WAY YOUR LOWER BODY LOOKS IN CLOTHES OR EVEN WORSE BARE LEGGED? So were these devoted Victoria followers before using this dynamic body shaping, thigh trimming, get skinnier thighs fast program: \*A new mom lost four inches in her hips, two inches in her thighs and lost 2 pant sizes in six weeks. \*A substitute cheerleader had to get skinnier legs so she could fit into a uniform for a competition lost so many inches that she had to get permission to get the uniform altered to fit her. \*And a bride to be was able to trim down her legs and butt fast. Just in time to strut down the aisle in style with total confidence. IT'S TIME TO GET SWIMSUIT READY! What a wonderful time to be alive and to be a female who doesn't have to starve and train like a marathoner to be the perfect size and have a sculpted sexy body. Have you ever dreamed of being skinny? What about sliding your sexy lean body in a pair of super fun stretch jeans? You can and you will once you understand how close you are to perfection right now. There is a New Sexy Size That is the New Skinny! Hallelujah! As a dancer, professional trainer and continuing education instructor who trains professional athletes, entertainers, executives and anyone who is committed to improving themselves, I have learned the secrets to attaining a strong, well-defined body which I am sharing with you in this program. Popularity has been the benchmark for who is in style and who is the desired rolemodel in everything; from consumer fashion to high school cheerleading routines. Consider the hourglass shape and sexy size of these current beauties. Rihanna, Penelope Cruz, Halle Berry, Nikki Minaj, Beyonce, Salma Hayek, Eva Larue, Kim Kardashian, Serena Williams and Scarlett Johansson. These sexy ladies have given us a New Sexy Skinny Size! The New Sexy Skinny - Size Matters The new skinny is calculated based on the statistics and female body types that dominate the media and our eye gate. What we see is what we want to be. WAIT UNTIL YOU Feast your pretty little eyes on the new size stats. You will be totally shocked when you read the compelling data. You will find out where you rank. It will blow your mind! You are closer to skinny than you think! The Art of Sculpting Your New Sexy Skinny Thighs Workout Is Unique. You are going to love using this concept to look hot! Here are the components and benefits of using Victoria's Exclusive Vertical Training Techniques. Alignment You will learn the correct reshaping alignment Repetitions - You will determine the number of repetitions Technique You will learn secret techniques With

the ART of Movement, you will perform exercises and movement that will \* Lengthen and strengthen the muscles of your lower body \* Get twice the results in half the time with less pain or injury \* Changes your symmetry and reshapes the front and back of your thighsA 5 Step Curve Creating Program To Help You Trim, Tone & Tighten Your Way To Sexy Thighs Fast! Step 1 - Your Mental Game - Confidence is Sexy Ã¢â€œ A guide to help you get your head in the game! Step 2 - Sexy Skinny Elongating Muscle Stretching Program- ItÃ¢â€œs super sculpting and surprisingly easy.Step 3 - Sexy Skinny Thigh Moves and Exercises Ã¢â€œ There are the most effective moves in the world all in one place! Vertical Training Program Ã¢â€œ This is so revolutionary, you will begin to feel the tightening effect immediately! Step 4 - Sexy Skinny Cardio Fast Fat Loss - Learn how to get your groove on and burn fat fast!Step 5 - Sexy Skinny Anti-Cellulite Diet Plan - Kiss your lumps, bumps and dimples good-bye

## **Book Information**

File Size: 4040 KB

Print Length: 129 pages

Simultaneous Device Usage: Unlimited

Publisher: Victoria Johnson Int'l (May 12, 2013)

Publication Date: May 12, 2013

Sold by:ÃÂ Digital Services LLC

Language: English

ASIN: B00CR930X6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,230,926 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #83

inÃÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #5130

inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Weight Maintenance #5154 inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Diets & Weight Loss > Diets > Weight Loss

## **Customer Reviews**

I will have to say I respect her for the right information given to us when we are being mislead almost everyday. I like her method and the workout tips she uses and will for sure put in my routine.

A very good book, very practical and informative. Really liked the layout of the book. I will use the techniques in this book.

I am somehow a bit backdated, when it comes to the talk of body shaping. I was not so convinced about getting skinny thighs before. But the conception changed abruptly after reading this book. The step by step pictorial book is pretty stand alone source of all information and techniques to get skinny thighs.

Every woman wants to have skinny thighs, but there's lots of bad info out there on how to get them. Victoria Johnson has the answer on getting the thighs you've always wanted with "sexy is the new skinny".

[Download to continue reading...](#)

How Do I Get Skinny Thighs: A 5 Step Curve Creating Program To Help You Trim, Tone and Tighten Your Way To Sexy Thighs Get Rid Of Fat Thighs: Discover the seven myths that contribute to weight gain, and foods that won't pack fat on your thighs. How Do I Get Skinny Thighs The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny) Making Peace With Your Thighs: Get Off the Scales and Get On with Your Life How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Lose Weight In Your Thighs: How I Used for 4 Strategies to Get Rid of My Bulky Stubborn Thigh Fat How To Thin Legs: Get Thinner Thighs And Slim Calves Fast Get Rid of Cellulite Thighs and Ugly Leg Fat How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh\*t Together Get In, Get Connected, Get Hired: Lessons from an MBA Insider It's Your World: Get Informed, Get Inspired & Get Going! 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! Hot Seat Conversations ...: Get Noticed, Get Tips, Get Going Suing Abusive Debt Collectors: Don't Get Mad,

Get Even and Get Paid! How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) The Skinny Confidential: A Babe's Sexy, Sassy Fitness and Lifestyle Guide

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)