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# How Do I Get Skinny Thighs: A 5 Step Curve Creating Program To Help You Trim, Tone And Tighten Your Way To Sexy 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's 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 role model 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 thighs A 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 - A guide to help you get your head in the game! Step 2 - Sexy Skinny Elongating Muscle Stretching Program- It's super sculpting and surprisingly easy. Step 3 - Sexy Skinny Thigh Moves and Exercises - There are the most effective moves in the world all in one place! Vertical Training Program - 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

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## Customer Reviews

Victoria Johnson spent her humble beginnings as a child of family that traveled extensively, she struggled with eating disorders; including obesity, anorexia and bulimia to become the nation's premier Fitness Celebrity & Professional Trainer, teacher's teacher of dance movement, and sports training and fitness icon. Victoria is the most notably endorsed Fitness Celebrity in the world. She is the only legend to hold a contract with every major shoe company, including Spokes Model and Endorsed Athlete for Nike, Adidas, LA Gear and Adidas. 21st Century Trendsetter When the trend-setting Chicken Soup for the Soul publishers went on a search to find the next pioneering author for their Lifestyle division, they chose Victoria Johnson. Victoria is a fitness and business

visionary who leads her field as a critical thinker, mentor and coach. Victoria works with professional athletes, Business CEOs, Entrepreneurs. She is an internationally acclaimed professional speaker, lecturer, trainer, and business consultant to entrepreneurs, corporations, trade associations and professionals worldwide. Her passion for ancient wisdom and futuristic thinking abilities earned her a place in "Common Ground", a book that features "People to watch", as one of the most influential cultural women of the decade.

I will have to say I respect her for the right information given to us when we are being misled 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".

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