



# The Body Coach: Firmer Thighs & Trimmer Waist [With DVD]

*Paul Collins*

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## **The Body Coach: Firmer Thighs & Trimmer Waist [With DVD]** Paul Collins

A simple, revolutionary way for you to strip inches off your waistline -- it's like having your own personal trainer in your own home! Paul Collins, an extraordinary coach and motivator, helps you reach your fitness goals in this simple DVD & book format. Features expert advice on nutrition, motivation and injury prevention.

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