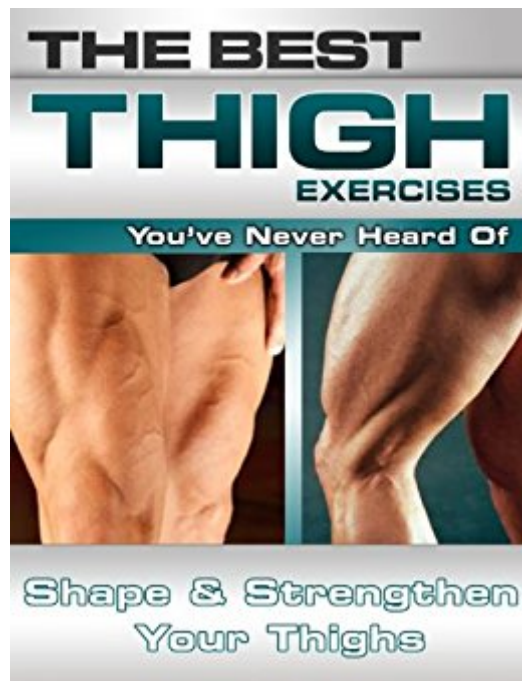




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The Best Thigh Exercises You've Never Heard Of: Shape And Strengthen Your Thighs



Synopsis

If you've reached a plateau in your workout and your training routine has become stale and boring, it's time to shake things up. "The Best Thigh Exercises You've Never Heard Of" is the essential workout guide for anyone looking to find new thigh exercises, get stronger and train more efficiently. You'll find some of the most unique lower body exercises ever created. Each exercise is expertly demonstrated with photographs, detailed instructions, tips and tricks on how to incorporate the exercises into your workout and how to avoid common errors. This book will help you break through plateaus and get the most out of your workout at all times.

ABOUT THE AUTHOR Nick Nilsson, "The Mad Scientist" of the fitness world, is a renowned personal trainer, body builder, and professional fitness writer who has written for Men's Fitness, Reps Magazine, Muscle & Fitness and hundreds of fitness websites all over the internet. He is recognized throughout the fitness world as an innovator and pioneer of ground-breaking methods for building muscle and strength fast. His degree in physical education covers advanced biomechanics, physiology and kinesiology.

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