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Five Minute Booty-Blaster Circuits: The Most Efficient And Effective Approach To A Beautiful Butt, Thighs, And Core



Synopsis

'FIVE MINUTE BOOTY BLASTER CIRCUITS' was written to help you get the best butt, thighs, and core in the least amount of time! Rather than being a 'one size fits all' type of program, the approach used in this book gives you maximum flexibility to help you target and reach your specific goals. The beauty of the system, which is based on five minute mini-circuits, is that you can never outgrow it! As you progress through the programs you can mix and match various mini-circuits to constantly challenge yourself. This means the results keep on coming! This program is based on the author's experience designing and teaching thousands of boot camp classes. The most effective exercises and program formats were taken and put into this user friendly book so that anyone could have the same opportunity to get the same great results those class participants have enjoyed for years! With all the pressures women face in our busy world, lack of time is often what holds them back from getting their best body. With Five Minute Booty Blaster Circuits you can always find the time, whether in the comfort of your home or traveling. These mini-circuits require very little space and little to no equipment. In fact the only equipment that is used are small elastic mini-bands and a pair of furniture sliders. So whether you're a working or stay at home mom, housewife or student, this program was created for you to be able to make the most of your precious time!

Book Information

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Customer Reviews

Excellent suggestions for workouts, mini-circuits, and training programs. The book is vey well written and has great examples - step by step - of how to do each exercise with links to you tube videos that actually show exactly how to do the exercises. This is a great training guide that has a lot of solid suggestions and advice. Highly recommend it.

This combined with the Tabata app makes for a great workout. Combine these circuits with a cardio tabata in between and you're sure to be sweating. There are enough different circuits to mix it up each time. Easy to follow, explicit instructions and youtube videos show you just how to properly execute. Love it!Excited about his next book....

Wonderful book! I love the built out circuits. It makes it so easy to use during a workout. Tried it out with my friends and we were feeling it by the end.

Super easy and fun workout! I'm noticing results since following this workout for three weeks. Thank you! Susan

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