

THIN THIGHS IN THIRTY DAYS



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NJFit TWEETit: Thin thighs in 30 days secret weapon is out #OnAMission #OperationThinThighs

@NatalieJillFit. Thin Thighs Exercise #1 Side to Side Lunge. These really target your inner and outer thighs.

Simply step out to the side, as low as you can, bring it back to starting position and bring it back out.

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