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Thin Thighs in 30 Days was and is again, written and practiced by Wendy Stehling. She is 59 years old now but has the figure of one in her twenties or thirties. She is 59 years old now but has the figure of one in her twenties or thirties.

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Thin Thighs in 30 Days Natalie Jill

Thin Thighs in 30 Days | Natalie Jill Natalie Jill Fitness. 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

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