



Best Breast Exercises: Simple Steps to Lift & Shape your Breasts (Fit Expert Series) (Volume 2)

Andy Charalambous

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Bigger breasts, smaller breasts, firmer breasts, lifted breasts, shapely breasts and the list goes on! The Best Breast Exercises If your a woman who has thought about changing the way your breasts look but without surgery or any unnatural products then this may be the book for you. Benefits of this book: - Improve your posture: Walk tall and show the world that you are happy with the way you look. Correct posture is not only healthier for you but is also very sexy! - Enhance the look of your breasts: By applying the correct exercises in this book your chest area will strengthen, thereby giving the appearance of larger breasts. - Reduce the size of your breasts: Maybe you already have large breasts and want to reduce them naturally. This is very possible. Follow the nutritional plans and exercises in the book for this specific goal. - Lift your breasts: How about never having to rely on a special bra to give you that sexy lift? - Shape your breasts: You won't have to worry about sagging once you have added shape to your breasts. - Improve self-confidence: This is something that will come naturally. You will be able to do things that in the past you felt conscious about. - Be fitter: Your level of fitness will improve over time which in turn will make you feel so much better about yourself. Inside there is a compilation of various exercises, fitness routines, nutrition plans and lots more helpful advice and information. However.....as with the other books in The Expert Series collection this book has contributions from 7 of the top fitness experts in their field. Each expert has a chapter of their own where they have presented their own individual health and fitness plans directed specifically at improving a woman's breasts. You can pick and choose from the different exercise programs and decide which suits your style of training. Here is the list of fitness experts who contributed to this book: Steve Payne Alexandra Allred Warren.T.Martin Dr. Marisa R.Silver Jessica Muddell Dr. Velonda Thompson Jay Jones

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