



## Pocket Trainer For Legs at Home: How to Get A Great Lower Body Right At Home in 21 Days.

*Doug Bennett*

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Need A Lower Body Workout Solution to get amazing results right at home or travel? Well, look no further. Doug Bennett, developer of Fitgirl App and Top American Trainer, has created a day-by-day expert workout plan that is laser focused to sculpt, tone and firm your entire lower body. Plus, there are exercises in each workout to make you fit and strong all over.

The Pocket Trainer for Legs is an easy to follow, comprehensive guide that you can follow right in the comforts of your own home or on travel. It includes 3 fitness levels (beginner, intermediate, ultra-fit), a diet to lose any unwanted pounds and detailed workout pictorials to show you the exact step-by-step exercises needed to get the legs and bum you've always desired. You won't have to pay thousands to a top trainer or even leave home to get amazing results.

This breakthrough Pocket Lower Body Transformational Guide will save you money, time and workout frustration. Buy it today and it's guaranteed to help you love how you look and feel.



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