



Approximate Running Time: 30 Minutes

JOANIE GREGGAINS

FIRM FANNIES

15-MINUTE WORKOUT

"This work-out is designed to strengthen, firm, and lift those gluteal muscles. I know that you can't wait to look great in those new pants.

So, put on this video-tape and let's get moving. I've chosen some exciting music to work out with. You're only 15 minutes away from FIRMER FANNIES. REMEMBER, exercising together is FUN!"

Some of the exciting exercises in this work-out are the OPEN TILT BOOGIE, the FANNY CROSS OVER, and STREET DEFENSE.



The Firm Fannies Program has a warm up and cool down, combined with 12 minutes of continuous exercise.

BONUS! This tape also includes Joanie Greggains 15-minute **HIGH ENERGY WORKOUT** which is designed to increase your energy & endurance levels, as well as help you burn calories. Aerobic exercise strengthens the most important muscle in your body, the heart!

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JG Myers



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