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Fully revised and updated according to the latest in diet and fitness research, and with new leg exercises that pack even more fat-busting, muscle-toning punch, this new edition of *Thin Thighs in 30 Days* is destined to inspire a whole new generation of women to believe that they too can have thin thighs in thirty days.

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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. When complete, repeat on the other side.

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Thin thighs in 30 days the work-off, the walk-off, the weight-off by Wendy Stehling ; photos by John Olson, designed by Louis Falcone Published 1982 by Bantam in Toronto , New York .

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