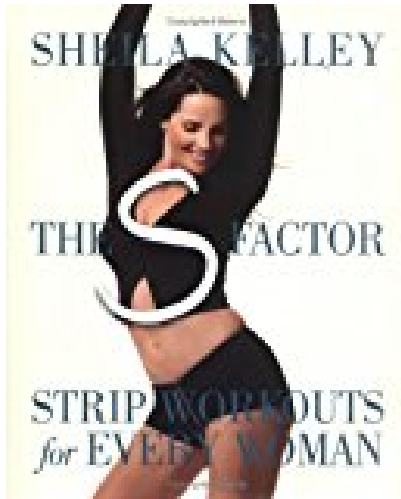


The S Factor Strip Workouts for Every Woman



BOOK DETAILS

- Author : Sheila Kelley
- Pages : 224 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN :



BOOK SYNOPSIS

Introduces an exercise program combining yoga, dance, and erotic movements designed to tone muscles, increase flexibility, and promote weight loss.

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