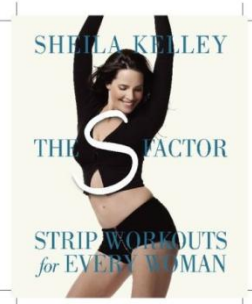


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THE S FACTOR: STRIP WORKOUTS FOR EVERY WOMAN



Workman Publishing Company, 2003. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Combining yoga, dance, and erotic movement, the S Factor is a program that tones muscle, firms the body, increases flexibility, promotes weight loss, and gives you a few new tricks for the bedroom. Illustrated with hundreds of step-by-step photographs, there are slow, rounded warm-ups, strenuous motions, rolls, grinds, pounces, and pole work.

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- Authored by Kelley, Sheila
- Released at 2003



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