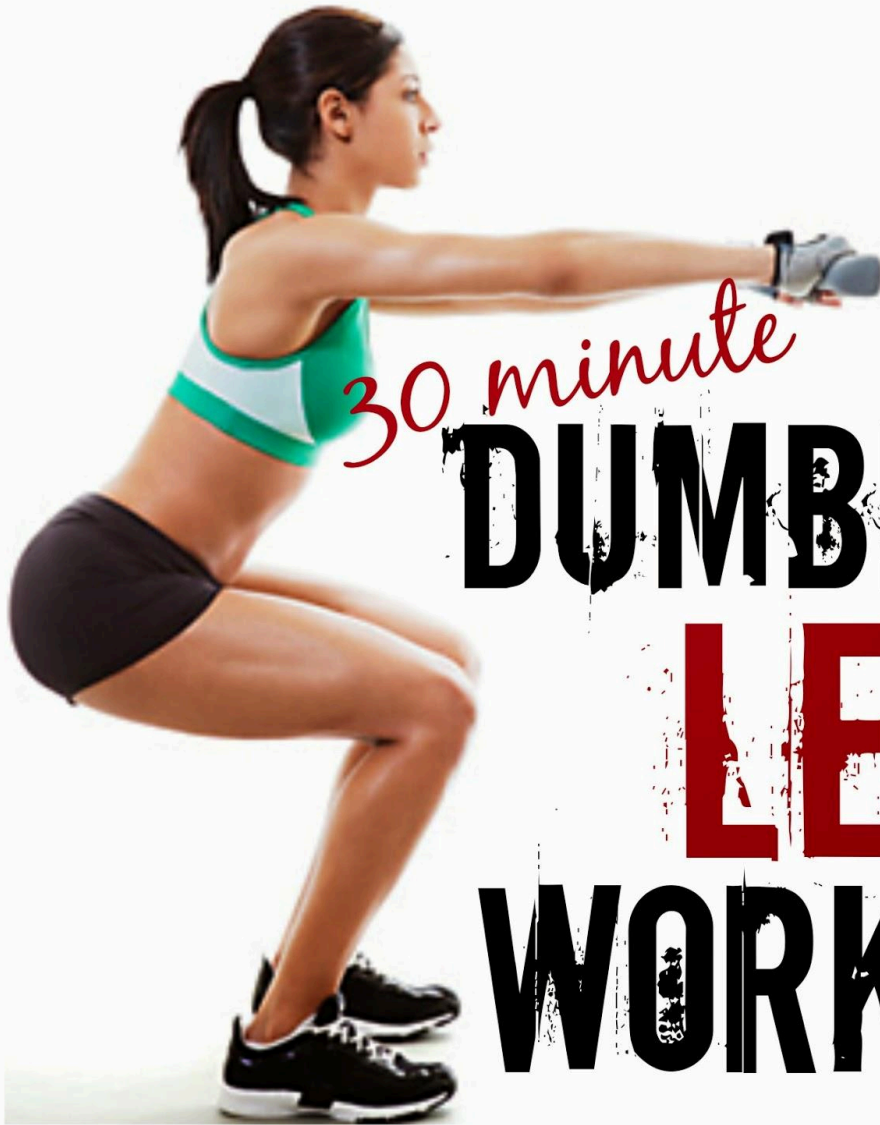


**Tone-and-Tighten.com**



*30 minute*

# **DUMBBELL LEG WORKOUT**