

# 14 Days To A Healthy Heart

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That's why we're kicking off our 14 Days To A Better Butt Challenge! If you are willing to put in just a few minutes a day for the next 14 days, you'll be on your way to a better backside. Bonus: your glutes are the biggest muscles on your body, so working those babies not only gives you a better shape, but burns a bunch of calories too.

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