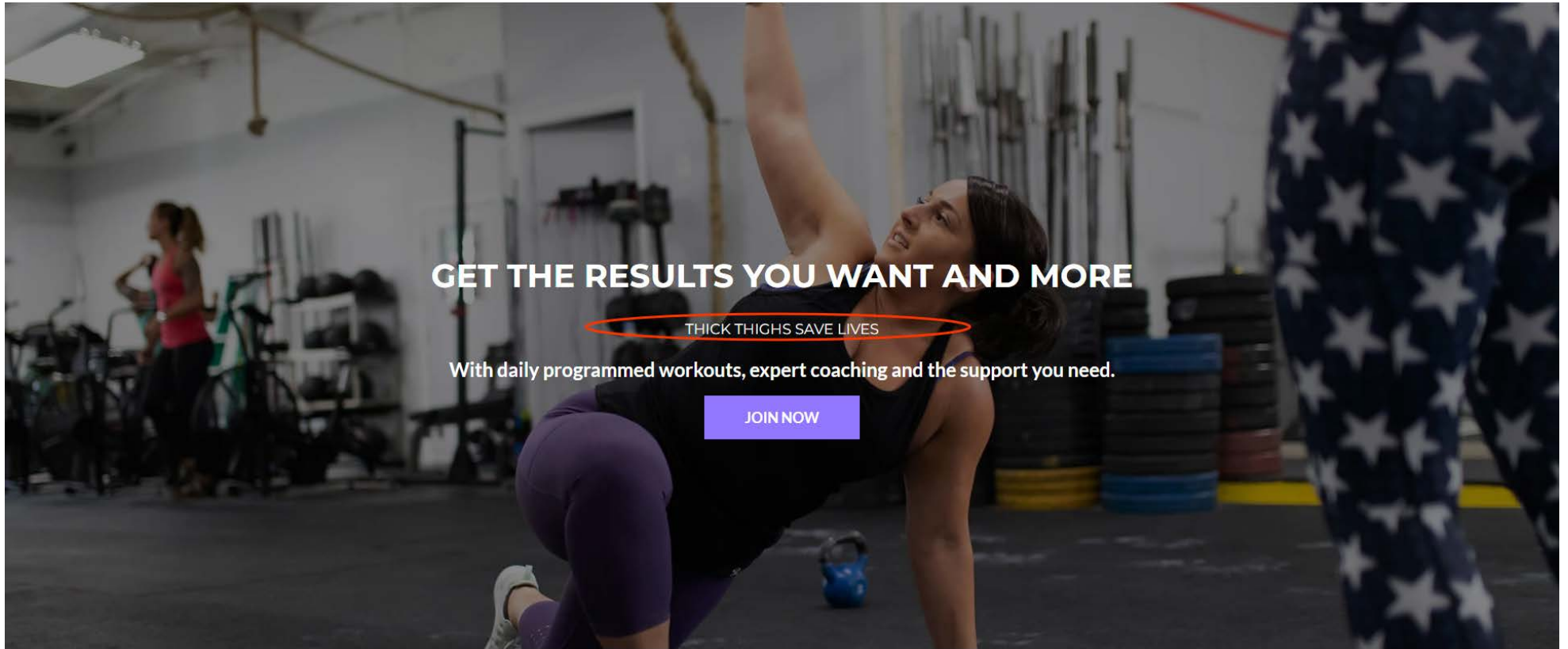


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THICK THIGHS SAVE LIVES

With daily programmed workouts, expert coaching and the support you need.

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TTSL MEMBERS



REVIEWS

"I love the variety it provided and that it takes about an hour. The workouts are fun and challenging. I love that it gets me off the machines and using more than one muscle group at once. I'm not the fittest person out there so the scales and demonstration videos were a big help. The coaches and ladies in the Facebook group are great resources. Recommending these workouts to everyone."

Jennifer L.

"I have a chronic illness and was afraid I wasn't going to be able to do these work outs. After some encouragement from everyone in the FB group I finally bought it and started. No looking back. After 3 weeks I feel stronger. Have been able to modify when needed and LOVE every minute of hard work and accomplishment. DO IT!!!!"

Brandi L.

"I absolutely love these workouts! From beginning to end, each workout is laid out for you. The library is set up perfectly and easy to navigate. And the coaching is at your fingertips. I'm so glad to have tried TTSL!"

Mercedes K.

"I had gotten a little to comfortable with my old workout routine and hit a plateau. After only a few workouts I can tell I'm working muscles that my old routine never touched! I also love how easy it is to look up different movements with the video library if you don't know how to do it."

Andrea P.

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