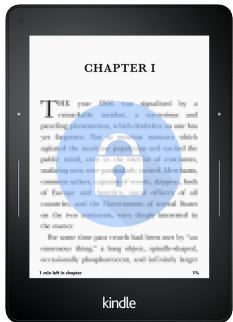


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## THE ABS CHALLENGE WORKOUT EBOOKS 2019



Author: Arnel Ricafranca u0026 Jesse

Realese Date: Expected @@expectedReleaseDate@@

The Abs Challenge Workoutu003cbr /u003e

8-Week Abs Exercise Workout Program.u003cbr /u003eu003cbr /u003e

Video Workout Programu003cbr /u003eu003cbr /u003e

Total of various combinations of 6 challenging workouts which are follow along ab workouts. It's as if I was working out right next to you. Because it's just abdominals, the workouts are short and intense and can be done in any room, no equipment needed, you can do them even in your office at work between conference calls.u003cbr /u003eu003cbr /u003e

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