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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Lose That Jiggly Belly Without Having to Exercise for Longer than 15 Minutes! What if you could dramatically increase your weight loss by even five to ten times and target unwanted belly fat? What if I told you that you no longer have to toil away exercising hours at a time just to lose little...

Read PDF The 15-Minute Standing ABS Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection (Paperback)

- Authored by Dale L Roberts
- Released at 2015



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