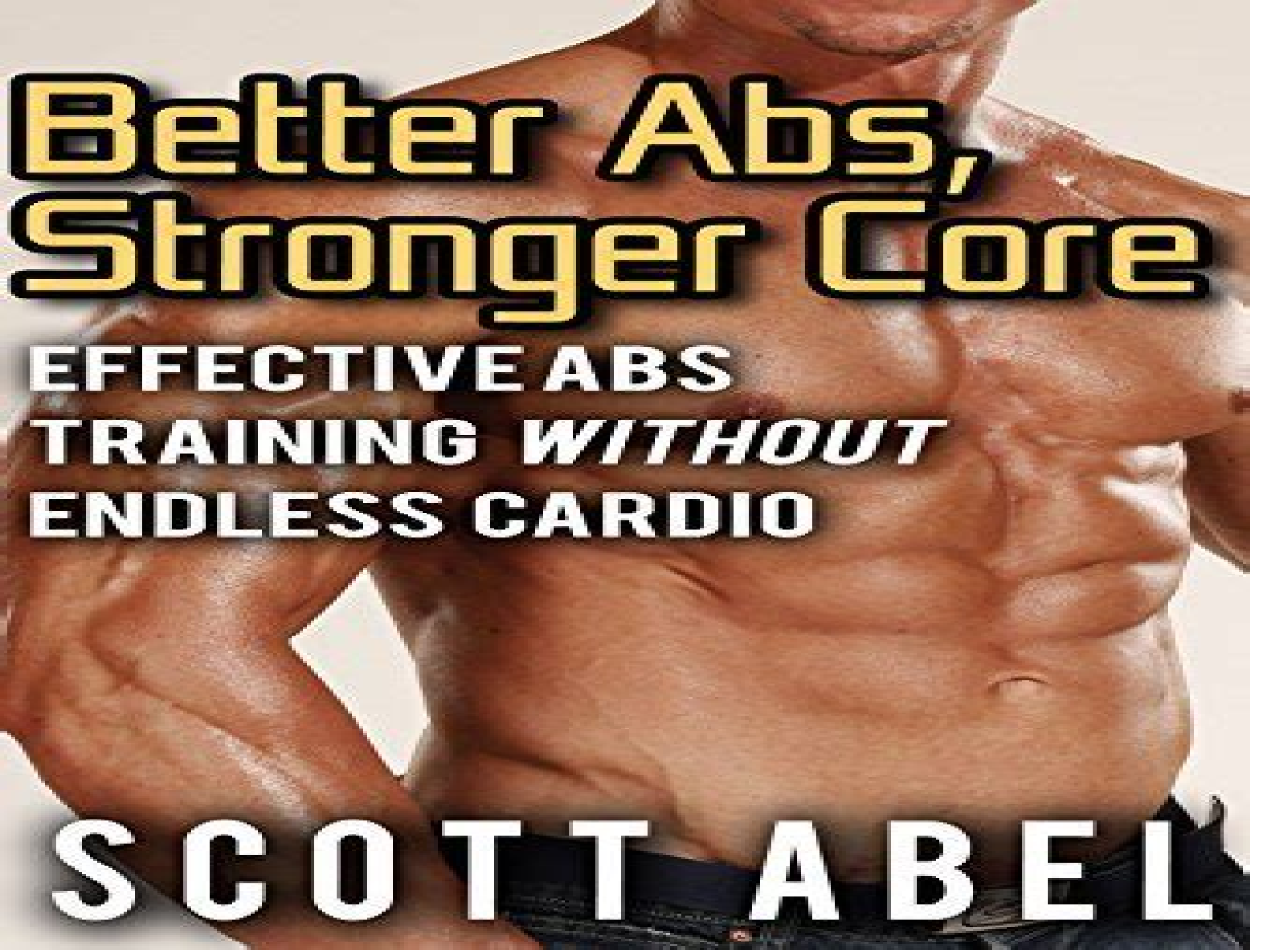




Better Abs, Stronger Core

EFFECTIVE ABS
TRAINING *WITHOUT*
ENDLESS CARDIO

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