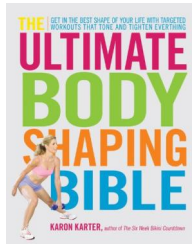


## The Ultimate Body Shaping Bible: Get in the Best Shape of Your Life with Targeted Workouts That Tone and Tighten Everything



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