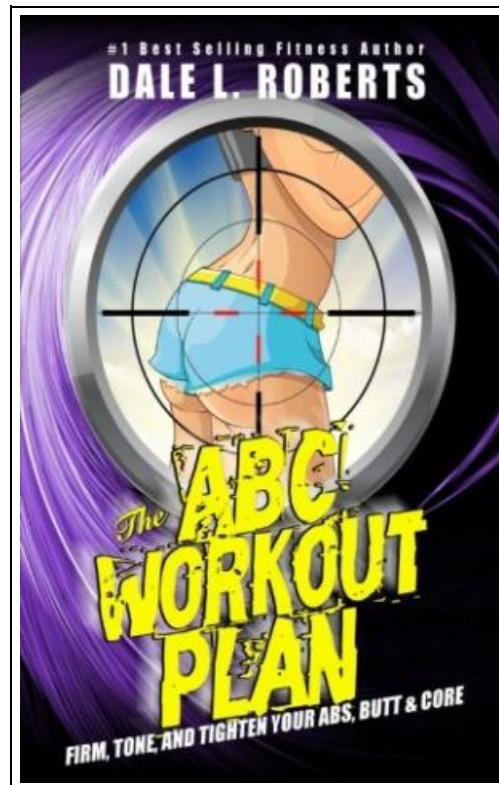


## The ABC Workout Plan: Firm, Tone, and Tighten Your ABS, Butt, and Core



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(Prof. Devon Bernhard PhD)*

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