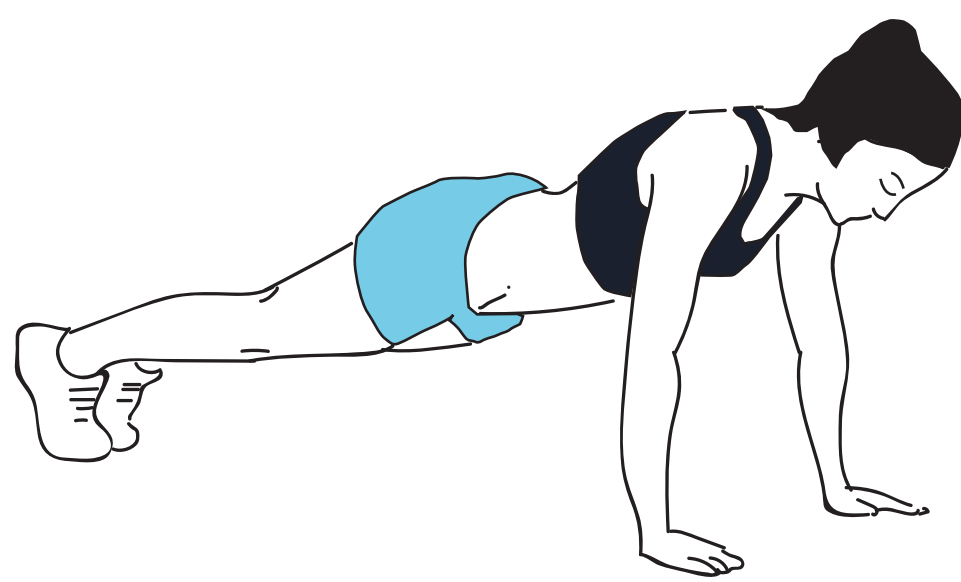




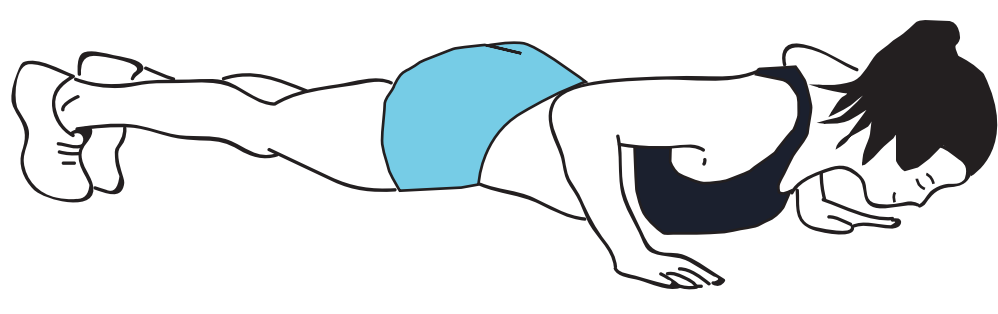
**change IN seconds**

MOTIVATION TO LOSE WEIGHT

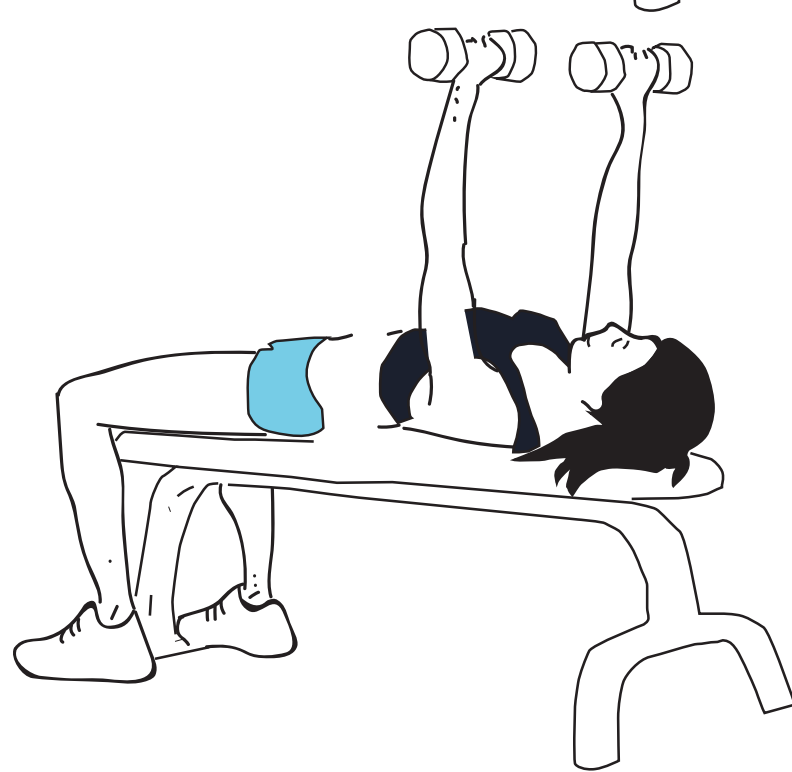
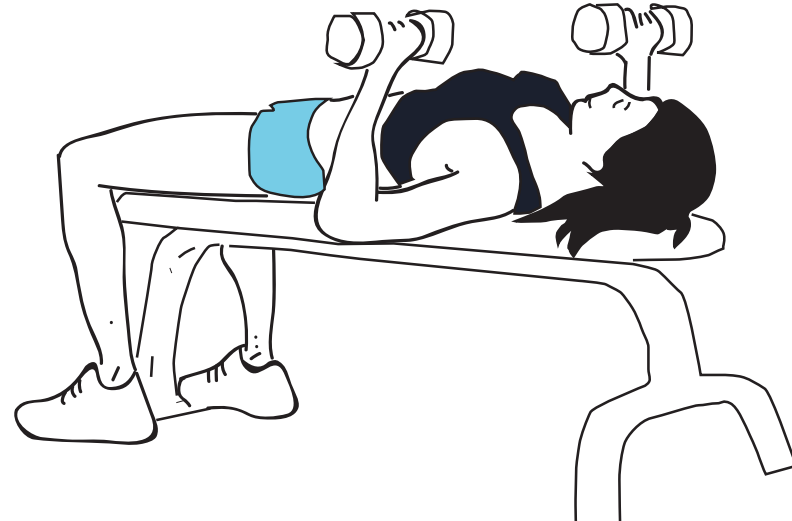
# 4 Moves For A Firmer Bust



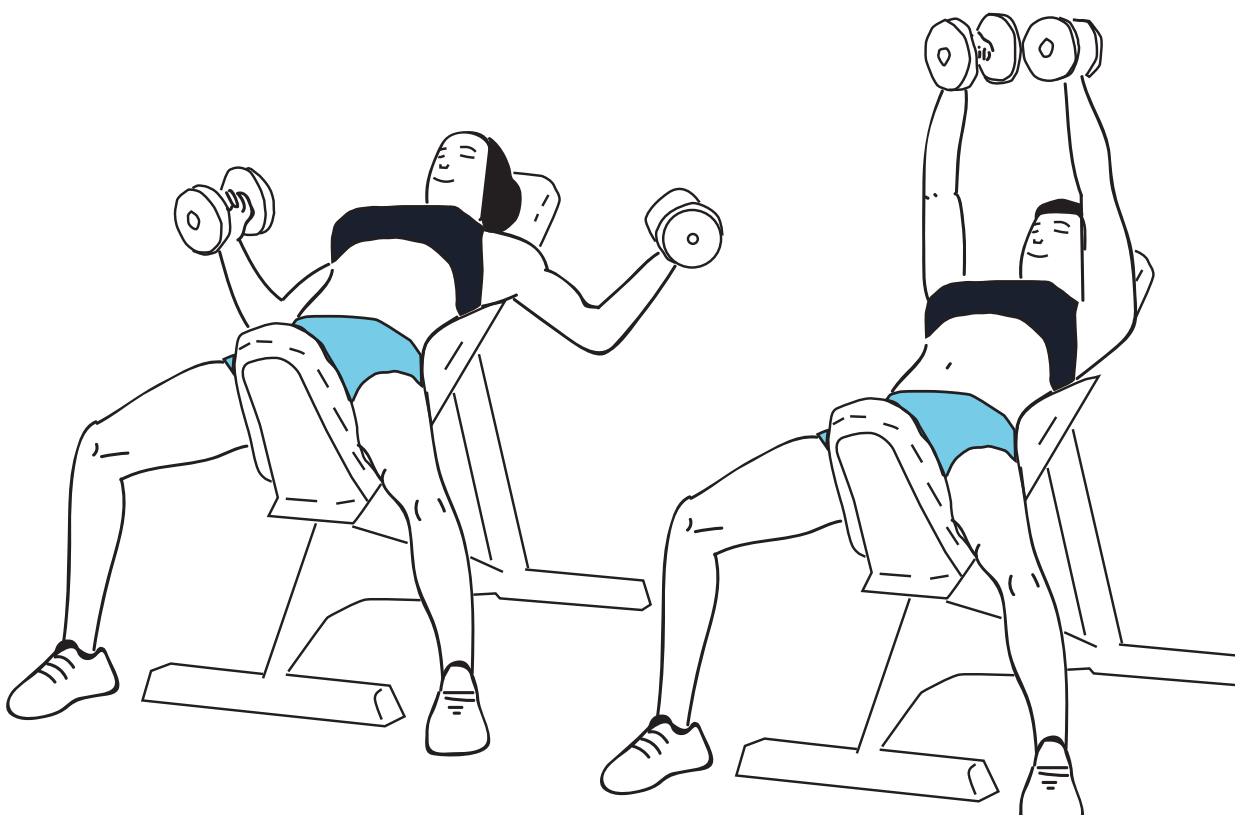
*Push Ups*



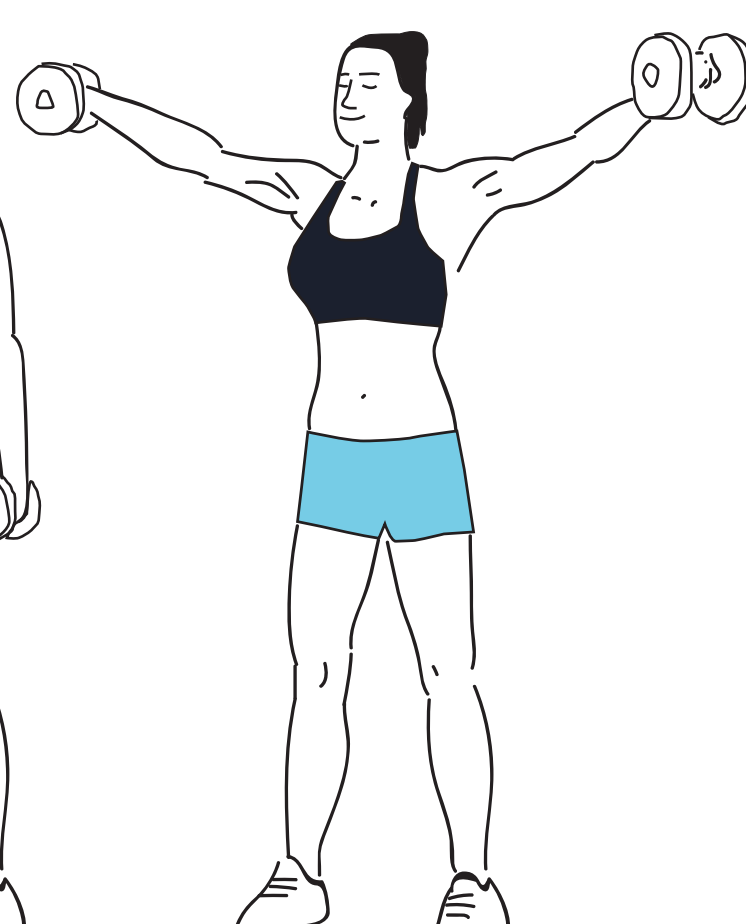
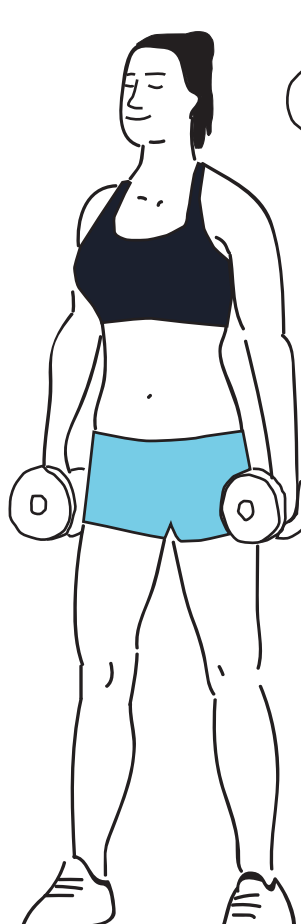
*Dumbbell Bench Press*



*Dumbbell Flyes*



*Dumbbell Lateral Raise*



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