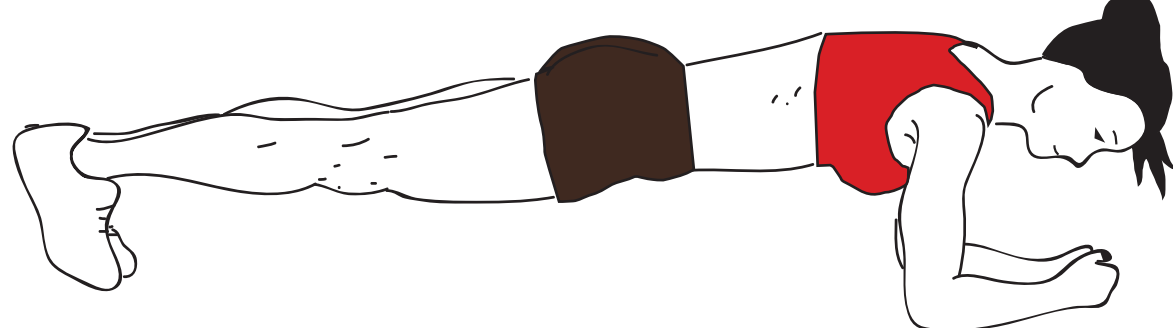




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MOTIVATION TO LOSE WEIGHT

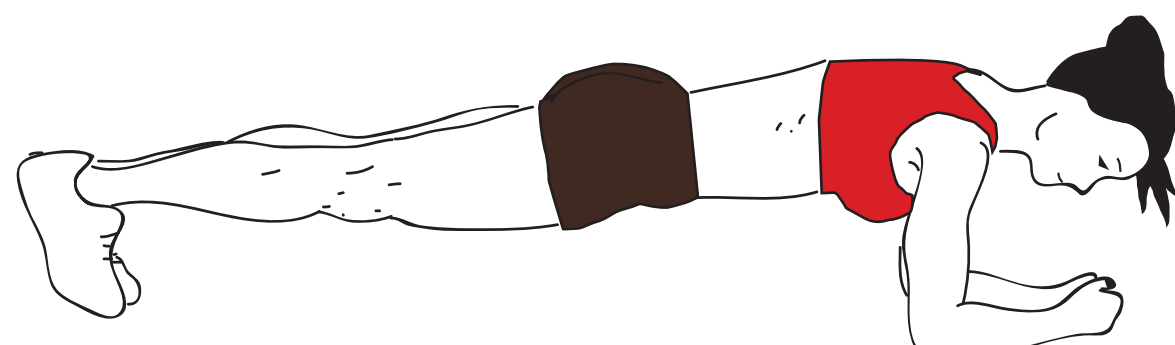
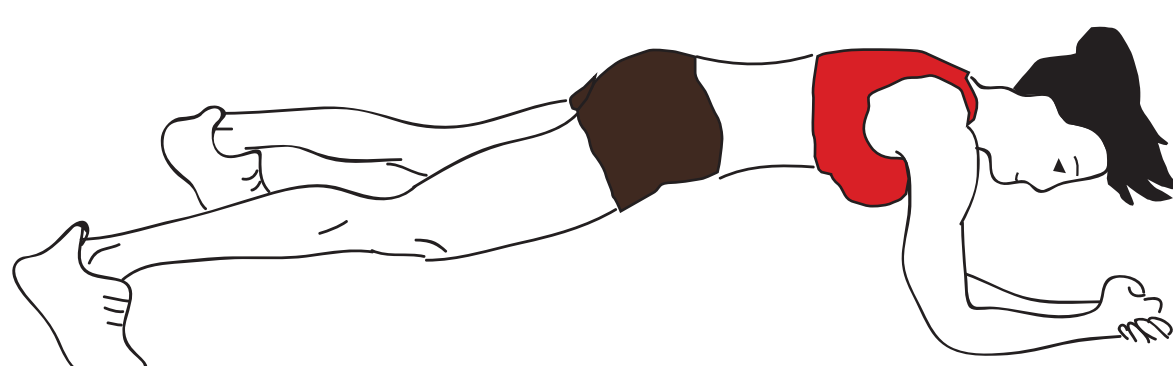
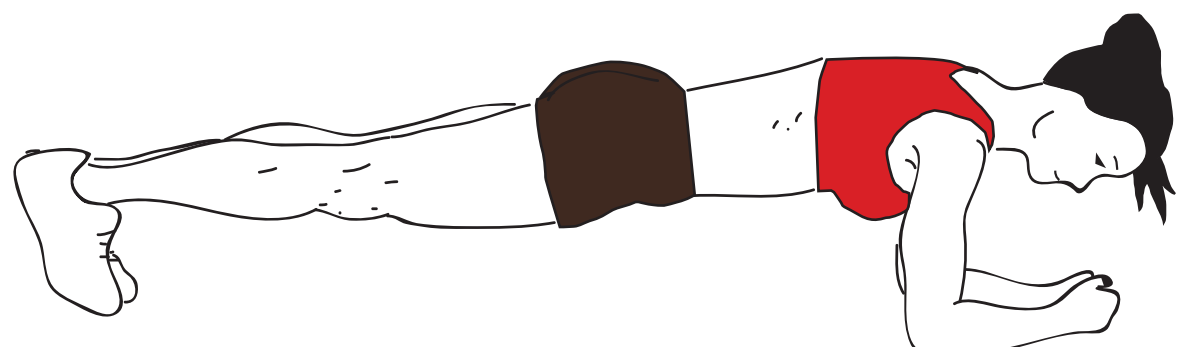
Get A Flat & Toned Stomach Fast



Plank

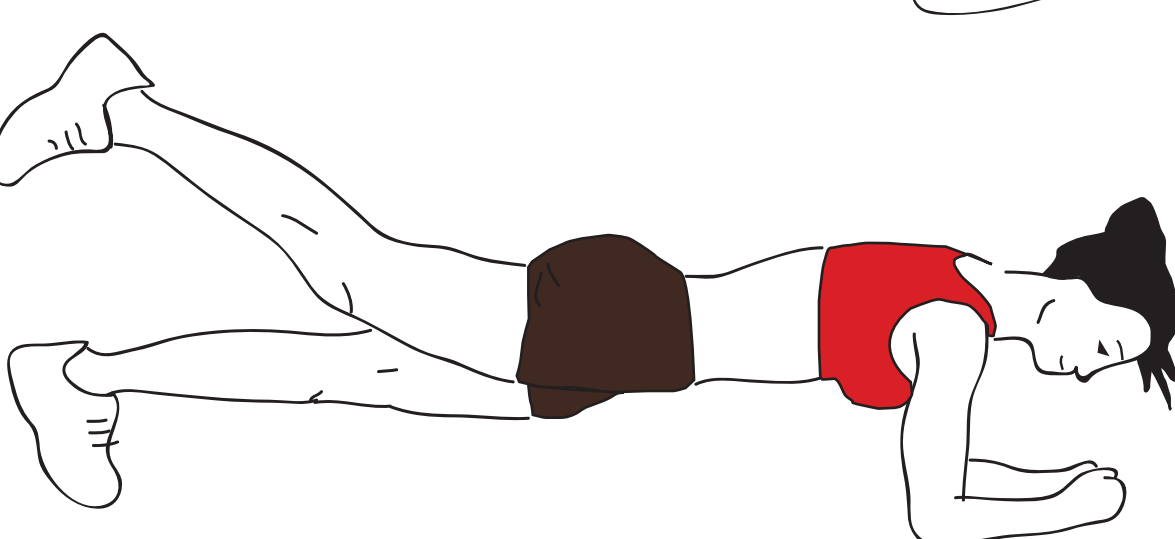


Wide Leg Plank



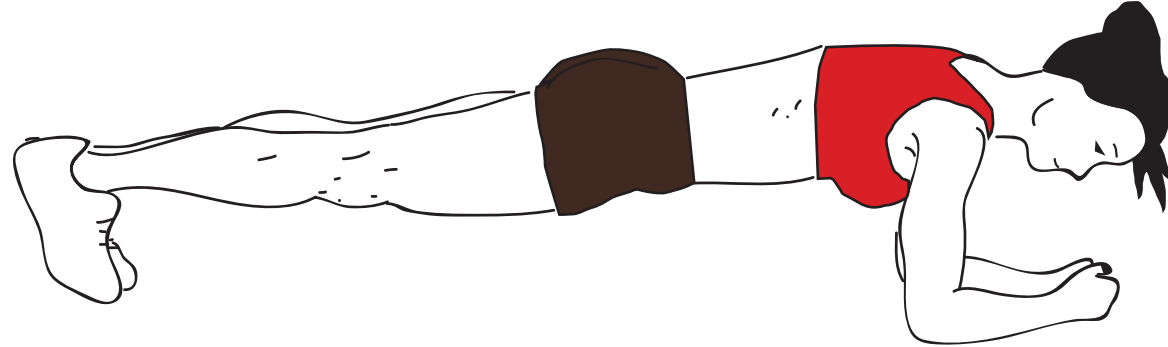
Plank Leg Lift

(alternate each leg)



Spiderman Plank

(alternate each leg)



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