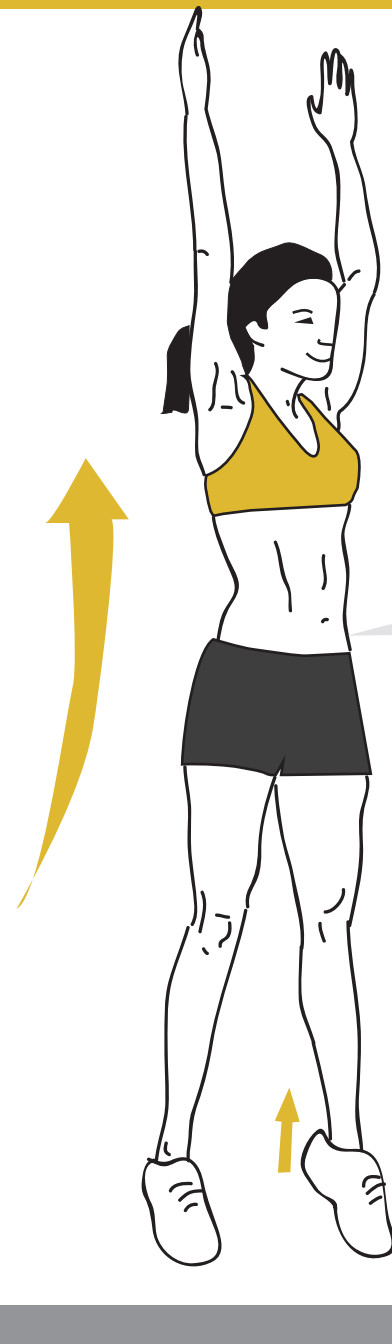




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How To Lose Your Love Handles Fast

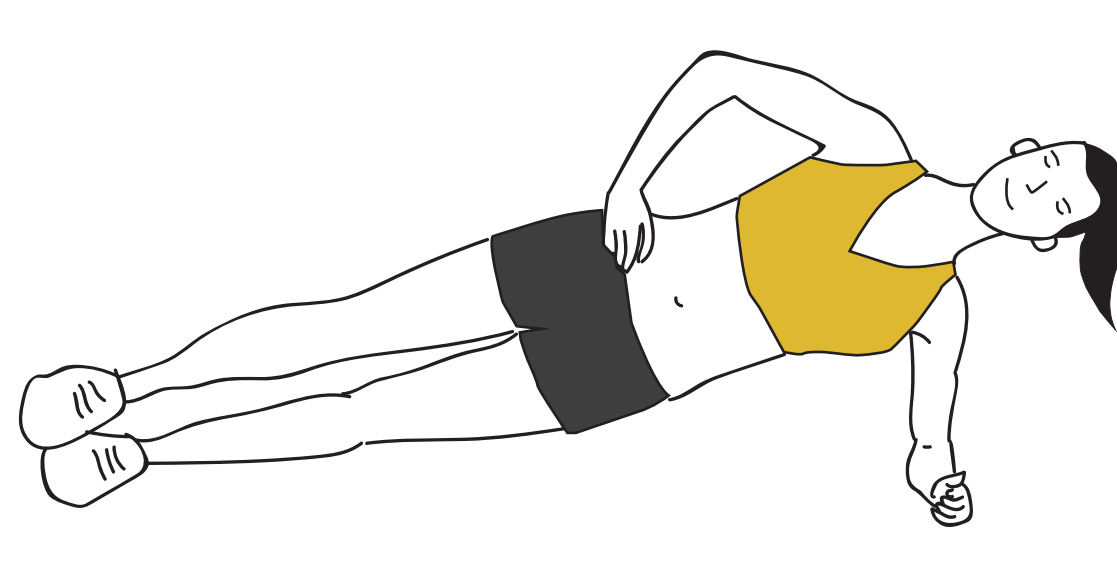
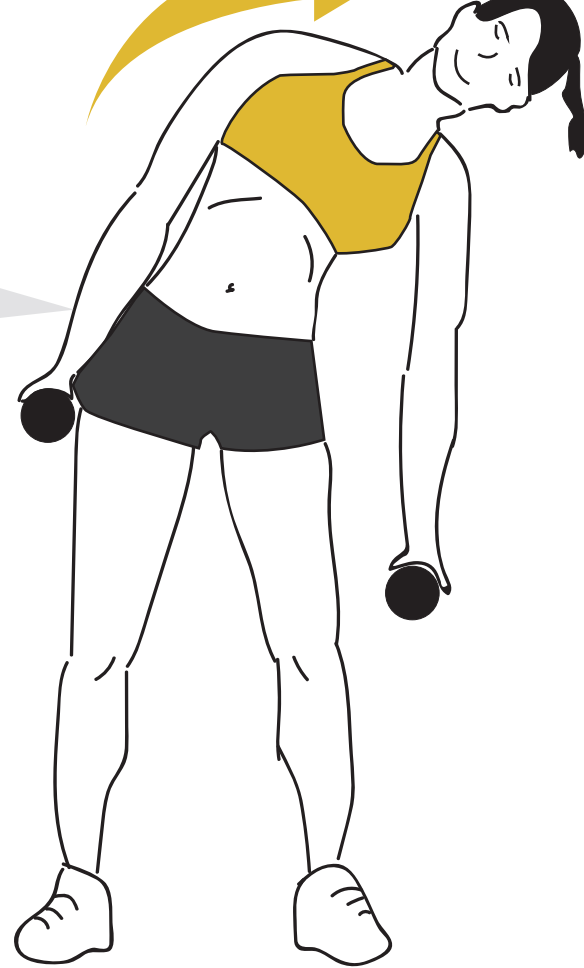


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Burpees

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Dumbbell Side Bend

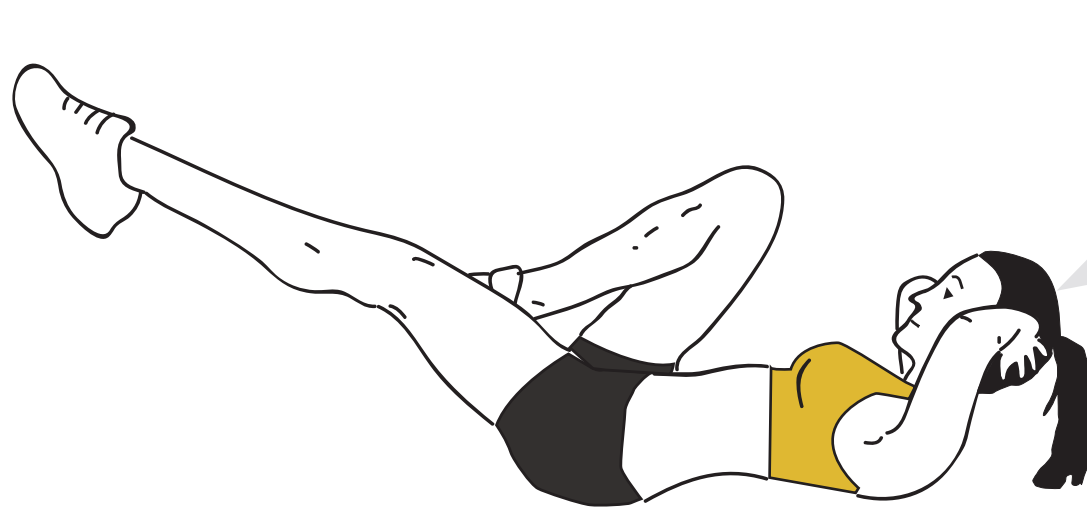


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Side Plank

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Russian Twist

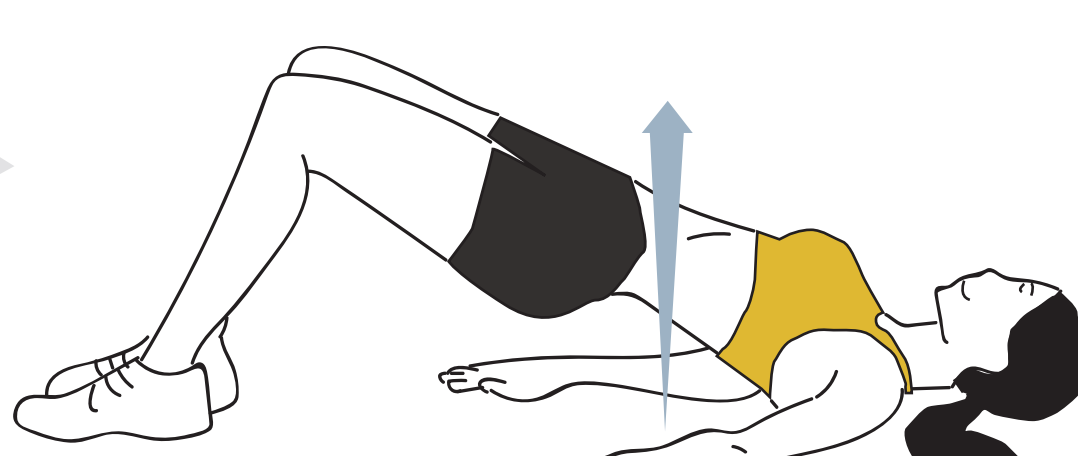


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Bicycle Crunches

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Hip Bridge



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