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Six Pack Abs Diet & Exercise Plan: 5 Exercises & 5 Meals to Bust Belly Fat

Kelsey James

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Do you struggle with stubborn belly fat? Have you spent hours in the gym, trying to get that mid-section that celebrity trainers envy? The solution is easier than you think! By combining the RIGHT exercise with the RIGHT diet plan, your goal of a six pack is easier than you think! Kelsey James sets out to dispel common myths while providing readers with 5 exercises that are designed to strengthen your core. We've even thrown in 5 healthy, delicious meals aimed at blasting away that stubborn belly fat!

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