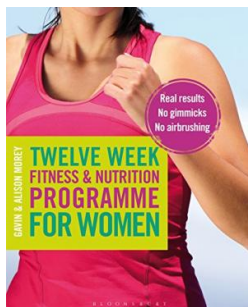


## Twelve Week Fitness and Nutrition Programme for Women: Real Results - No Gimmicks - No Airbrushing



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