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'It not only makes me look better but also feel so much better ween page

> WARM UP WORKOUT 1 - UPPER BODY MATWORK WORKOUT 2 - LOWER BODY MATWORK

designed to firm your stomach,
sculpt your buttocks and thighs, it is
the definitive full body workout. As
well as a relaxation section there is
also a bonus partner or solo stretching
section to ensure you gain maximum
results.

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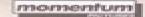
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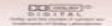
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