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FiT Legs And Butt Shaper DAY 10 Total Body Shred DAY 17 Lower Body Blast DAY 24 HIIT Legs And Butt Shaper DAY 4 Metabolic Booster DAY 11 Legs And Butt Shaper DAY 18 Metabolic Booster L And Butt Shaper DAY 25 REST DAY 5 REST DAY 12 DAY 19 Dynamic Str Ength DAY 26 Cardio Crush Lower Body Blast 30 DAY BURN FAT DAY 1 Dynamic Strength DAY 8 REST DAY 15 REST DAY 22 Cardio Extreme Total Body Shred ... Jan 13th, 2020

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